

Nurturing Our Community & Ourselves

Weekend Retreat for ILYM Women & Those Identifying as Women

April 28-30, 2023

Illinois Yearly Meetinghouse

14365 N. 350th Avenue

McNabb, Illinois 61335



Our Purpose

We gather each spring to share our journeys, enlarge our circle of friendship, hold each other in loving support, and honor each other as we seek to grow in the depth of our being and in the 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 ourselves and our lives. All women and those identifying as women are invited to this gathering.

Our Program

Getting to know you, again or for the first time. Hanging out with the Light of God in each of us.

The times we're living in inundate us with stories of conflict, threat, and loss that can create a constant state of stress. As Quakers, we feel called to step up and help, also taking energy. All this impacts us physically, emotionally, and spiritually.

This weekend we'll give ourselves a chance to rest, relax, and renew. We already have within us the means in our own stories. We'll meet in our large group and small groups using prompts to evoke our personal stories, stories of wonder, joy, kindness given and received, stories of what shaped us, and where we've been. We will consider what a true gift it is to listen, and to be heard.

We will also turn to the healing experience of nature using the Japanese practice of Forest Bathing or Shinrin-Yoku (see <https://healingforest.org>) and weather permitting, a trip to Dick Ashdown's woods. Alternate earthy activity if the weather doesn't permit.

This year Jan Mullen of Downers Grove Friends Meeting will be leading us in adventures in listening. As a social worker, Jan has made a career of listening though as a mother of four, her kids may not have always agreed. When Jan began attending Quaker Meeting for Worship, she found it astonishing, and so deeply true, that we could listen to divine messages without any need for an intermediary. She is still learning how to listen more deeply to the divine, to her own inner being, to that of God in others, and to all of creation.

COVID Considerations

You must be fully vaccinated, current on your boosters, and have had a negative COVID-19 test 24 hours before arriving.

Our Schedule

NOTE: Please try to arrive on Friday in time to see to your sleeping arrangements and settle in before dinner.

Friday

- 3:00 Set-up volunteers arrive ... many hands make light work!
- 4:30-5:30 Arrive, check-in, settle in
Dinner volunteers at work
- 6:00-7:30 Dinner and clean up
- 7:30-9:00 Worship and getting acquainted. Some thoughts about listening
- 10:00 Quiet please

Saturday

- 6:30 Breakfast prep volunteers at work
- 7:00-8:30 Breakfast and clean up at CC House
- 8:30-9:00 Free time
- 9:00-9:30 Worship at Clear Creek Meetinghouse
- 9:30-11:45 Program: Guided by prompts and deep listening, we share our stories in small and large groups.
- 11:45-12:15 Free time / lunch prep volunteers at work
- 12:15-1:30 Lunch and clean up
- 1:30 -2:30 Free time
- 2:30-4:30 Introduction to the Japanese practice of Shinrin-Yoku (forest bathing).
Weather permitting, a field trip to Dick Ashdown's woods. Alternate earthy activity if weather is messy.
- 5:00-6:00 Free time / dinner prep volunteers at work
- 6:00-7:30 Dinner and clean up
- 7:30-8:30 Worship and wrap up
- 8:30-9:30 Singing, hanging out, improv, knitting
- 10:00 Quiet please

Sunday

- 6:30-7:00 Breakfast prep volunteers at work
- 7:00-8:00 Breakfast
- 8:00-9:00 Begin cleanup
- 9:00-10:00 Business Meeting & Planning
- 10:00-11:00 Finish cleanup
- 11:00-Noon Worship with Clear Creek Friends

...Goodbyes and drive safely home!

Weekend Details

Lodging is available in the Meetinghouse, unheated cabins (no electricity), or at Clear Creek House. Shared rooms with bunkbeds at CCH will be assigned with preference given to those with a need (please indicate capacities/wishes on registration form). Mattresses are provided for open sleeping space in Clear Creek Meetinghouse.

Accessibility: The Meetinghouse and its restrooms are wheelchair accessible. Program activities will be conducted in the meetinghouse; many participants will sleep there. Meals will be served in Clear Creek House, the ground level of which is also accessible.

What to Bring: Sleeping bag/sheets/blanket, towel, toiletries, and personal items for two days away from home. Feel free to bring your yoga mat, song book, musical instrument, reading materials, handwork project, or journal for your use during the weekend. Bring the food, snacks and other items you purchased if you volunteered to supervise meal prep.

Food: Please tell us of food allergies in your registration.

Childcare: Childcare is not provided. Please seek help from your monthly meeting.

Location: The Meetinghouse is at 14365 N. 350th Ave. near McNabb. It is ½ mile east of IL Rt. 89 about 1 mile south of McNabb and 2 miles north of Magnolia, Illinois.

Questions: Contact 2023 coordinators:

Elizabeth Sprague: esprague04630@icloud.com

847-962-0700

Jan Mullen: jrsmullen@gmail.com

Emergencies

Emergencies 911

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

St. Margaret's Hospital
600 E. First St., Spring Valley 815-664-5311

ILYM Meetinghouse 815-882-2214

Weekend Retreat Registration
Please register by April 23, 2023

Registration & Fee: The fee for the weekend is \$45 which covers food, use of the site, and expenses. After April 23rd, fee increases to \$55. **Pre-registration helps us with meal planning and sleeping arrangements.**

Pre-payment is not required to attend, but your preregistration helps with event planning.

If the cost of our weekend is a financial challenge, please assess what you 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 and those identifying as women to attend.

Name: _____

Address: _____

Email: _____ **Phone:** _____

Monthly Meeting: _____

Lodging pref: CC House CC Meeting House Staying off-site at _____

Food allergies/physical accommodations needed: _____

_____ I can **arrive** by 3:00pm on Friday to help with setup

_____ I can **stay** until 1:00 pm or so on Sunday to help with closing

Arriving (day/time) _____

Leaving (day/time) _____

Register

Online: <https://tinyurl.com/2b7tv6ah>

Email: Complete this form; email to: esprague04630@icloud.com

Phone: Call Elizabeth at 847-962-0700

Payment

Online (preferred): [ILYM.org/payfees](https://www.ilym.org/payfees)

USPS: Check made to Illinois Yearly Meeting (ILYM), c/o Dawn Crimson, PO Box 54, Carbondale IL 62903-0054

On site: Via check - See Elizabeth