

Nurturing Our Community & Ourselves

Weekend Retreat for Self-identified Women of ILYM

April 24th-26th, 2026

Illinois Yearly Meeting Meetinghouse

McNabb, Illinois



Our Program

At our first Women's Retreat since Covid, the self-identified women of Illinois Yearly Meeting are invited to gather together to nurture ourselves and our community, to enlarge our circle of friendship with other 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'll spend our first night together becoming reacquainted with old friends and getting to know new ones. We'll begin detaching from our everyday world by learning more about of how practicing intentional laughter, through **Laughter Yoga**, aids in stress relief and promotes well-being. We'll do gentle stretches, deep breathing, clapping and laughter exercises (which can be done while seated and/or standing) to get your energy moving forward in preparation for Saturday's schedule.

On Saturday, we'll embark on an adventure in **Sacred Listening** using queries written specifically to evoke our own personal stories about what shaped us, where we have been, and where we may be led in the future. We will find our voices as we discover how the mingling of rich, varied stories through the lens of young, old, and everyone in between can be a powerful gift to ourselves as well as the ILYM community of women.

Weather permitting Saturday afternoon, we'll have an opportunity to experience **Forest Bathing** as we explore the sights, sounds, and smells of nature during a slow walk through the woods next to the Friends Cemetery. What better location than sacred ground for spiritual connection, prayer, and contemplation? And, on Sunday, we will hold a Meeting for Business to plan next year's Women's Weekend and afterward join Clear Creek Friends for Worship.

Our Facilitators

Friends, **Jan Mullen** and **Becky Lucas**, who attend Downers Grove Friends Meeting, have planned a weekend filled with activities to nourish your soul.

Becky has been attending DGFm for two years and recently became a member. Before retiring, Becky owned her own training consulting company working with Fortune 500 companies to create fun and engaging training and conference presentations. She will be joined by a long-time friend and colleague, **Terri Reasoner**.

Terri holds a Ph.D. in Transformative Learning & Change. For over 20 years, Terri served on the Board of Directors as the Board Secretary of Healing Journeys, a non-for-profit organization with a mission to support healing, activate hope, and promote thriving for those touched by cancer or any life-altering illnesses. Terri began her yoga journey in 2009 and is a certified Laughter Yoga leader and teacher. In addition, Terri is a Certified Yoga Teacher (CYT).

Jan Mullen is a committee member of the **Friends Conference on Religion and Psychology**. 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 directly 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.

Spring is more than just a changing of the seasons; it is a rebirth of the spirit.” – Toni Sorenson

Details continued...

The Schedule

FRIDAY

5:00-6:00 Registration & Sleeping Set Up
6:30-7:30 Dinner
7:45-9:30 Welcome & Laughter Yoga

SATURDAY

7:00-8:30 Breakfast and clean up
9:00-11:45 Sacred Listening
12:15-1:30 Lunch and clean up
2:00-6:00 Sacred Listening / Forest Bathing.
6:00-7:30 Dinner and clean up
7:30-9:00 Poetry Slam

SUNDAY

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

The Details

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

Lodging: Many women sleep in the *Meetinghouse* and bring a sleeping bag, cot or inflated mattress to sleep on the floor or on pews pushed together. *Clear Creek House* has a limited number of beds some of which are stacked bunk beds. Most rooms are shared space. Housing in Clear Creek House will be assigned and preference given to those with a need (please indicate needs/wishes on registration form). Anyone choosing to sleep in the *Clear Creek Cabins* in a bunk bed should plan on coming early to sweep out their sleeping space and the bathhouse. *Outdoor camping* on campus and *local hotels* are also an option.

Accessibility: The meetinghouse and its restrooms are wheelchair accessible. The main floor of Clear Creek House is also wheelchair accessible with one sleeping area on the main floor.

Food:

We will prepare and serve meals at Clear Creek House. A sign-up sheet will be sent for volunteers to help with a food item donation, meal preparation, and clean up. If you have food allergies, please indicate that in your registration.

What to Bring: Bring your sleeping bag, towels, toiletries, medications, and other personal items you will require for two days away from home.

You may also wish to bring a cot, inflatable mattress, yoga mat, song book, musical instrument, and reading materials, snacks, beverages, 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.

Emergency Contact Numbers:

Dial 9-1-1 for emergencies

OSF Emergency Center
111 Spring St, Streator, IL 815-673-2311

OSF Prompt Care (Urgent Care)
535 Park Ave East, Princeton, IL 815-875-4531

ILYM Meetinghouse 815-882-2214

Contact Coordinators: Please direct your questions and/or offers to volunteer to:

Becky Lucas: becky.tpplus@gmail.com 630-988-9874
Jan Mullen: jrsmullen@gmail.com 331-998-5365

ILYM Women's Weekend Retreat Registration

Please register by April 17, 2026

Registration and Fee: The fee for the weekend is \$50, which covers food, use of the site, and expenses. After April 17, the fee increases to \$55.

Prepayment is not required to attend; however, 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. All self-identified Quaker women are encouraged to attend.

Name:

Pronouns:

Address:

Email: Phone:

Meeting Attended:

Lodging preference:

Meetinghouse Cabin / Camping Clear Creek House I'm staying in a nearby hotel.

Food Allergies/other accommodations needed:

I can bring food donation I can help with food prep I can help with food clean up

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 need a ride. I have room for (#) passengers:

Leave Chicago area Friday around (time)(am/pm)

Return to Chicago area Saturday around (time)(am/pm)

Return to Chicago area Sunday around (time)(am/pm)

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

Printed copies can be mailed to **Becky Lucas, 300 Catherine Lane, Elgin, IL 60123.**

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