

Registration Form

PLEASE REGISTER BY APRIL 13, 2007

Name: _____

Address: _____

Phone: _____

Email: _____

Arriving: _____ Leaving: _____

Weekend Fee of \$25 covers food, use of the site, and expenses. After April 13th, fee increases to \$35. 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 or stay late on Sunday to help with setup or closing. Clean up and preparation is extensive and **closing goes much better with plenty of hands.**

Send Registration to:

IYM Women's Weekend
c/o Sharon Haworth
608 W. Illinois 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

Kate Gunnell 708-386-7234
kgunnell@ahss.org

Patricia McMillen 708-386-2907
Pattymac3@aol.com

Emergencies

Dial 9-1-1 for emergencies

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

St. Margaret's Hospital Dr. Lukancic
Spring Valley 815-664-3111/2811/5551

THE MEETING HOUSE 815-882-2214

WOMEN, SPIRIT AND WELLNESS: A WEEKEND OF HEALING FROM THE INSIDE OUT

A WEEKEND RETREAT FOR IYM WOMEN

APRIL 27-29, 2007

Illinois Yearly Meeting House

McNabb, Illinois



Program by the Women of IYM:

*Kate Gunnell – Downers Grove & Clear Creek,
Patricia McMillen – Oak Park,
Nancy Harris Jordan – St. Louis
Dawn Amos – Southern Illinois*



WOMEN'S WEEKEND



“No woman, when she hath lighted a candle, putteth it in a secret place, neither under a bushel, but on a candlestick, that they which come in may see the light.” – Luke 11:33

The Program

As Friends, we are called to stewardship of our bodies and spirits, as well as of the natural world around us. We'll work on strategies for decreasing our resistance to healthy personal habits, emphasizing both emotional health (for example, processing of pain and grief) and physical health (self-nurture, diet and beyond).

Making creative work a part of this process, and also honoring a commitment which Illinois Quaker women made to our Kenyan visitors in 2005, under the guidance of Nancy Jordan we will work on a friendship quilt to be sent to Kenyan Yearly Meeting. Under the guidance of Dawn Amos, we will also return to the creation of Soul Collage cards, a form of active meditation which many of us found very healing in 2006.

The Fees

The fee for the weekend is \$25. 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 Quaker women to attend.

Those women working to plan the event will be reimbursed for their expenses.

The Schedule

FRIDAY

- 6:30-7:30 Dinner (Pizza, salad, etc will be awaiting busy women coming to be together)
- 7:30-9:00 Worship sharing on the topic of healing.¹
- 10:00 “Lights out” – quiet on sleeping floor

SATURDAY

- 6:00 bird walk; yoga on the front porch (optional)
- 7:30-8:30 Breakfast
- 9:00-11:30 Quilting.²
- 12:00-1:00 Lunch
- 1:00-5:30 “Soul Collaging”, more quilting, &/or small group discussions
- 5:30-6:30 Dinner
- 7:00-8:00 Re-gather for final thoughts on health and wellness.
- 8:00-9:00 Pajama Fashion Show³
- 10:00 “Lights out” – quiet on sleeping floor

SUNDAY

- 6:00 Birdwalk/Yoga (optional)
- 7:30-8:30 Breakfast
- 9:00-10:00 Women's Weekend Business Mtg.
- 10:00-11:00 Cleanup
- 11:00-12:00 Worship with Clear Creek Friends

¹Patricia McMillen will provide queries for consideration. After about one hour on these queries, we hope to conclude with music making and/or drumming (Note: women are encouraged to bring instruments, voices, and lyrics to share).

²Materials will be provided for preparation of quilt squares; further work will be done using photo-transfer techniques, needlework, & other methods. Leader: Nancy Harris Jordan (St. Louis Mtg.)

³(bring a wrapped token prize, because everybody wins) – Pajamas (and prizes) may or may not emphasize the weekend's themes of spirituality and health.

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.

Bring a sleeping bag, towels, toiletries, musical instruments, games, song books, reading materials, writing materials, sewing materials and scraps and anything else you must have. Although the Meeting House and its restroom are wheel-chair accessible, the dining room is not. Meals can be served on the main floor where program activities are conducted and where most women sleep.

Food: Friday supper will be provided by Kate Gunnell. Saturday lunch will be provided by South Bend, Urbana-Champaign, and Chicago-area meetings. Saturday dinner will be provided by the St. Louis women. Breakfast foods will be provided. Individuals may bring snacks to share. More food information will be provided by email to those who register. PLEASE NOTE: Due to life threatening allergies, NO NUTS! Also, given our interest in emphasizing spiritual/mental/physical health, we want to emphasize low fat, whole grain, vegetarian/vegan alternatives. Also we want to carefully consider the expenditures for meals. 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.