

SECOND BAPTIST CHURCH 2019 WOMEN'S RETREAT

Friday, May 17 - Saturday, May 18

Techny Towers Conference and Retreat Center

2001 Waukegan Road, Northbrook IL 60062

Phone: 847-272-1100 • www.technytowers.org

Women Called and Empowered to do the Will of God

Greetings, favored woman! The Lord is with you! Luke 1:28 (NLT)

Name	Birthdate (Day/Month)
Address	City/State/Zip
Phone	Email
Church Affiliation	Dietary Restrictions
Emergency Contact Name	Emergency Contact Phone
T-Shirt Size <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL	Comments

DEADLINE TO REGISTER: APRIL 25TH

Registration Fees (first 50 registrations receive a special gift):

\$80.00

Retreat Only, No Lodging (includes workshop materials, conference fees & 3 meals)

\$135.00

Full Retreat (includes **double** occupancy room, workshop materials, conference fees & 3 meals) - Room has 2 **TWIN** size beds.

I have a preferred roommate: _____

I would prefer to be matched with a roommate

\$150.00

Full Retreat (includes **single** occupancy room, workshop materials, conference fees & 3 meals) - Room has 1 **FULL** size bed.

Cash, check or online payments accepted. Checks payable to Second Baptist Church, Women's Retreat in Memo. Online at: secondbaptistevanston.org/giving.

I want to sponsor a woman for this retreat: \$ _____

Installment payment option:

Payment _____ Date Received _____ Method of Payment _____

Payment _____ Date Received _____ Method of Payment _____

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TENTATIVE RETREAT SCHEDULE

The Women's Ministry has identified 3 main areas of focus for this retreat:

1. *Listening to what God is calling women to do in their homes, churches, and in positions of power.*
2. *Praying and showing concern for women's issues such as social justice, domestic violence, homelessness, health, economic justice, incarcerated women, etc.*
3. *Finding ways to feel refreshed and restored so that we can better care for ourselves and serve others.*

Friday Evening Events

Check-in as early as 3:00pm

5:00pm.....Welcome/Meet and Greet/Pick-up Packets

6:00pm.....Dinner & Ice-Breakers as a group

7:30pm.....Break

8:00pm.....Evening Devotion

8:45pm.....Guided Silent Mediations, Prayers & Journaling

Written meditation, journaling, or prayer prompts that women can work on individually/in silence in preparation for the main retreat day. The facilitator will prepare and guide meditation or prayer prompts that the participants can work on through the evening.

Saturday Events

6:00am.....Devotional Period & Communion

7:00am.....Walking and/or yoga session

8:00am.....Breakfast

8:45am.....Break/prepare for check-out

9:30am.....Facilitated Workshop

12:00pm.....Lunch/Wrap-up

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ABOUT TECHNY TOWERS

Techny Towers hosts spiritual and religious retreats and conferences for groups and individuals. The center provides meeting rooms, chapels, and peaceful grounds for reflection and outdoor activities.

DIRECTIONS

From Evanston: Head west on Grove Street toward Ridge Ave. Turn right at first cross street onto Ridge Avenue. Use the left two lanes to turn slightly left onto Green Bay Rd. Turn left onto Willow Rd. Continue to New Willow Rd. Continue onto Willow Rd. Turn right onto IL-43 N/S Waukegan Rd. Turn right onto Waukegan Rd.

GUEST ROOMS

Each guest room has a private bath/shower, heating/air-conditioning units, telephone and voicemail. Check-in time: 3:00pm. Check-out time: 10:00am. Earlier check-in and later check-out times are subject to availability. Luggage may be stored in the lobby parlor if meetings begin/end earlier or later.

CHECK IN AND CHECK OUT

If guests will arrive later than 8:00pm to check-in, advanced arrangements must be made with a member of the Conference Services Team for access to the facility.

INTERNET ACCESS

Wireless access is available in first floor lobby (password required). It is also available throughout the 2nd, 3rd, 4th and 5th Floors (no password required). There is a computer available for guest use in the lobby parlor.

SECURITY

Security may be reached 24 hours/day at 847-553-8756 or via any of 15 in-house phones at Ext. 8150. Security personnel patrol the grounds, the Towers, Maria House and other buildings on campus.

GUEST SERVICES

Guest Services: 7:30am to 8:00pm Mon-Fri and 8:00am to 8:00pm Sat-Sun. The front door is locked when the Guest Services desk is closed. Guests may contact security for admittance to the building by using the outdoor house phone located to the left of the front entrance.

Questions? Contact Robin Graham at (312) 543-7689 or robinmaree75@gmail.com
Second Baptist Church, 1717 Benson Avenue, Evanston, IL 60201
Reverend Dr. Michael C.R. Nabors, Pastor

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us... As we’re liberated from our own fear, our presence automatically liberates others.”
-Marianne Williamson

OUR FACILITATOR



Inability to move through limiting beliefs, no matter how success is measured, there is an internal message of inadequacy, that often expresses as fear. With precision and passion Lisa Lackey facilitates healing, by skillfully combining art, science, spirituality and deep listening. She guides individuals through fear into a freedom that expresses through self acceptance, engaging relationships, internal peace and a daily commitment to live life on purpose. Lisa believes that unresolved trauma and life stressors are at the root of an incomplete life, unmet longing, and recurring unhealthy patterns that create an obstacle for change. She

is a master clinician and has developed modalities and refined interventions to help people recover the missing pieces from their past that unconsciously inform present perceptions, behaviors and beliefs. As awareness is agitated, Lisa teaches people to see their patterns and why those patterns were formed. New options are offered to make small shifts, that lead to bigger changes. The process of re-pairing what has been disconnected, allows pain and trauma that has been stuck, to be released.

Current Professional Roles:

- Co-Owner (with her husband, Steve Lackey) and Chief Engagement Officer of Insideout Living, a group counseling practice treating trauma, addiction, and relationship issues for the last 15 years in Evanston and Downtown Chicago
- Executive Coach for many C-Suite Executives
- Conference speaker
- Training consultant for treatment centers and treatment providers throughout the United States
- Insideout Conversations Podcaster
- Ordained Clergy
- Clinical Supervisor and mentor
- Workshop Facilitator
- MasterMind Group for Professional Women Facilitator

Lisa Lackey’s formal educational background and professional training include; two Master Degrees, from Garrett-Evangelical Theological Seminary at Northwestern University and National-Louis University. She is a Certified Sex Addiction Therapist (CSAT) Certified Multiple Addictions Therapist (CMAT), and trained in Emotionally Focused Therapy for Couples, Somatic Transformation and completed Level II EMDR Training.

Lisa’s most valued experiences are as wife, mother of 3, grandmother of 1, daughter and sister-friend to a group of women that at various times have helped her heal, lovingly calling her to growth and have held her in prayer up close & from a distance.