

We're Preparing for You!

We're busy planning this amazing day
and we can't wait for you to join us!

September 12, 2026 will be a day filled
with love, laughing, learning, playing,
discovering, sharing and fun. This
year's retreat theme is "Female
Mysticism Through the Ages,
Discovering the Sacred Feminine in
Ourselves through Enlightened Women
who came before us."

Quest Unity of Bay City is looking
forward to hosting this weekend on our
5-acre campus, complete with firepit
for our evening drum circle which
promises to be an evening to
remember.

Register through the QR code below or
call the Quest Unity office:
989-686-0265.



3736 State Street Rd.
Bay City, MI 48706
989.686.0265
www.QuestUnity.com

QUEST UNITY

presents

2026 MIDWEST
WOMEN'S RETREAT

Female

Mysticism through the Ages

September 12, 2026



**Discovering the Sacred Feminine
in Ourselves through Enlightened
Women who came before us.**



See you soon!

Scan with your phone
camera to register.



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Female Mystics

There are many female mystics. We will explore these three women together during the one-day retreat.



Mary Magdalene

Mary Magdalene embodied the struggles, representing resilience and transformation. Explore her spiritual meaning and how her journey can inspire your own path toward self-discovery and empowerment. Understanding her significance might just change the way you view your own spiritual journey.



St. Hildegard of Bingen

St. Hildegard of Bingen was a 12th-century German Benedictine abbess, mystic, composer, writer, and polymath whose contributions spanned theology, music, medicine, and natural science.



St. Teresa of Avila

Saint Teresa of Avila was a powerful woman due to her rare combination of intense mystical spirituality, fearless determination as a reformer, and sharp intellect as a writer. This tenacity allowed her to establish 17 new convents and modernize the Carmelite Order despite fierce opposition. She empowered women to lead, becoming one of the first female Doctors of the Church.

Schedule

10am - 11am

Opening/Welcome

What is a mystical experience? What do women mystics have to teach us?

11am - 1pm

First Mystic: Mary Magdalene

1pm - 2pm

Lunch (Provided)

2pm - 4pm

MYSTICAL ME Breakout Sessions

Rotate through four individual sessions, each one honoring the mystical experience and lasting approx. 30 minutes.

Rotate through
all 4 sessions!

1. **Medicine Wheel** - meet at the medicine wheel located in the back right yard area.
2. **Labyrinth Walk** - meet in the first classroom.
3. **Pick Your Medicine** with Loretta - meet on the patio.
4. **Mystical Messages** with Nancy Hall - meet in the sanctuary.

4pm - 5pm

Second Mystic: St. Hildegard of Bingen

5pm - 6pm

Third Mystic: St. Teresa of Avila

6pm - 7pm

Dinner (Provided)

7pm - 9pm

Birthing/Sharing (optional)
Bonfire/Closing - meet @ Firepit

Sunday (optional)

9:30am - 10am

Meditation

10:30am - 12pm

Sunday Gathering

12pm - 2pm

Healing Group

Campus Map

Breakout Sessions

Meals will be in the Cafe

1. **Medicine Wheel** - Yard
2. **Labyrinth Walk** 1st Classroom
3. **Nature Plant Walk** - Patio
4. **Mystical Messages** - Sanctuary

★ Bathrooms



Patio

Cafe

Office

★ Sanctuary

Entrance/Lobby

★ Library

Classroom #1

★

Parking Lot



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