

Kairos Frequently Asked Questions

What is Kairos?

Kairos is a Greek word that means "the Lord's time". The Kairos retreat is a 4 day/3 night experience for juniors and seniors in high school that enables the participant to spend time with peers, adults and teen leaders to get to know themselves, others and God more deeply. We welcome teens from Holy Family as well as other parishes to experience Kairos with us. Kairos is an intense retreat in a safe environment led by adults and trained senior teen leaders who have already attended the retreat as juniors.

Who can go?

Any Junior or Senior in high school is welcome to attend the Kairos retreat.

Where is it?

The Kairos retreat is currently held at Cabrini Retreat Center in Des Plaines. Teens gather at Holy Family on Friday afternoon and take a bus to the retreat center. Teens return by bus to Holy Family on Monday night.

Do I have to go to Holy Family?
Be Confirmed?
Be Catholic?

No! Junior and Senior teens need not attend Holy Family parish, be confirmed or even be Catholic to attend the retreat. Many teens from surrounding parishes attend this inter-parish retreat experience. Teens who are enrolled in our FLAME program who are junior or seniors also attend. We have had teens from different faith communities attend as well. Kairos is an experience of a lifetime! Don't miss the opportunity.

How much does Kairos cost?

The cost for the 4 day/ 3 night retreat is \$350. This includes all meals, lodging and supplies. We never want cost to be a prohibitive factor for someone to attend Kairos. We offer payment plans and financial aid if needed.

What if I can't be there for the whole retreat?

Because of the way the retreat is structured, we do not allow retreatants to come late, leave early or leave for any part of the retreat.

Are there secrets on Kairos?

There are no "Secrets" on Kairos. Some of the presentations are best experienced as the retreat unfolds and for that reason we ask former retreatants to keep them confidential. Teens are never forced to participate if they don't want to.

Who leads the retreat?

Each specific Kairos has a teen leadership team comprised of seniors who have attended the retreat as juniors. Leader application and selection begins in April for the following year's retreat. The leadership team completes over 30 hours of training and team building before the retreat. In addition, they are the primary leaders of the retreat, giving witness talks, and leading small groups. The retreats are directed by members of the teen faith staff at Holy Family. Adult volunteers from each parish also attend the retreat as facilitators.

Where do we stay? What are the rooms like?

The Kairos retreat is held at Cabrini Retreat Center in Des Plaines. We fill the entire retreat center during our retreat. Each retreatant stays in a private room which allows them time for silence, prayer and processing of the retreat. More information and pictures of the retreat center can be found at www.cabrinicenter.org

What is the food like?

Meals are freshly prepared by the kitchen staff at Cabrini. They are served buffet style with a variety of choices including entrée, vegetable, salad and dessert. Our retreat includes dinner on Friday, breakfast, lunch and dinner on Saturday and Sunday, and breakfast and lunch on Monday.

What if I have special dietary needs?

There is a wide variety of items at each meal. The staff at Cabrini is also willing to work with individuals with special dietary needs