

# Kairos 29 Retreat Information

## Friday, February 14, 2019 - Monday, February 17, 2019

We are so happy you have decided to go on the Kairos retreat. We look forward to meeting you and helping you to grow in your faith. This is a very popular retreat and those who attend are rarely sorry they did! Keep an open heart and open mind and remember, as with anything, you will get out of it what you put in!

### Fees and Payment Information:

- The full cost for the retreat is \$360.00. Checks should be made to Holy Family.
- A non-refundable deposit of \$100 is due at registration
- Balance is due by January 12, 2020.
- Cancellations after January 12th will be responsible for entire \$360
- Payments for Kairos 29 are nontransferable to any other retreat date.
- Please do not let cost deter you from attending this retreat.  
Call Amy Hodson (847) 907-3446 to arrange a payment plan or to be considered for a scholarship.

### How to Sign Up:

- Fill out the [Online Permission Form](#)
- Submit payment:
  - **Online:** [www.holyfamilyparish.org/kairos](http://www.holyfamilyparish.org/kairos)
  - **In Person:** Drop off a check at the Holy Family Front Office attn: Kairos
  - **A non-refundable deposit of \$100 is due immediately upon registration (or we can't hold your spot).**
- Registration for Kairos 29 will close on January 12, 2020 or as soon as it fills – whichever comes first. Once full we will open a waiting list.

### Location and Transportation:

The retreat is held at:

Cabrini Retreat Center located at 9430 Golf Road, Des Plaines, IL 60016

The phone number in case of an emergency is: 847-297-6530.

**\*Transportation:** Retreatants will be transported to and from the retreat center by bus.

**\*Friday, February 14 leave from Holy Family-** Retreatants should meet in the Narthex by 3:45pm.

**\*Monday, February 17 returning to Holy Family** in Inverness; please do not make plans before 8:00 p.m. (HF address: 2515 Palatine Rd. Inverness, IL 60067)

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## What to Bring:

- **Casual clothing** - jeans, sweats, gym shoes, slippers etc. – No tank tops/sleeveless shirts (Be sure t-shirts/sweatshirts are appropriate – no alcohol or drug references.) The building is large, so clothes that can be layered are helpful.
- **Toiletries** necessary for 3 ½ days away from home. **Remember to bring a towel and soap.** (Pillow, blankets, sheets, and a pillowcase are provided.)
- **Chapstick** – it gets dry at the retreat center.
- **Reusable Water Bottle** – hydration is super important! (no seriously, don't forget this item)
- **Snacks to be shared** – Please no nuts. Food is not allowed in the sleeping areas.
- **Bible**

## Regulations:

1. Once the retreat has started, all students are to **remain on the grounds** of the retreat center.
2. Males and females **may not go into the sleeping areas of the opposite sex.**
3. **Absolutely no tobacco, alcohol or chemical substances.** If an adult suspects a student of possessing or using any tobacco products, alcohol, or other drugs, the adult will search the personal belongings of the student.

**Anyone who violates the above policies will be asked to leave. Parents will be called to pick you up.**

4. Kairos means “God’s Time” and therefore is a watch/clock and phone/tech-free retreat. **Please leave your cell phone and watch at home.** If we see a phone out during the retreat we will confiscate it for the remainder of the retreat. (If you take medication at certain times of the day, please let the retreat director know and she will make sure you stay on schedule.)
5. Personal phone calls are not permitted except in the case of an emergency
6. Cabrini Retreat Center asks that you **do not bring items of value.** (iPod, tablets, etc.) These things are also distracting during the retreat.
7. You need to be **respectful** of all people and the building and grounds when on retreat.
8. If you destroy property in any way, you will be fined at least \$100.00 to be donated to the retreat center.
9. School/co-curricular rules and disciplinary actions are in effect while you are on retreat.

**Please be wise in your behavior so that this can be a great experience for all.**