KAIROS RETREAT INFORMATION SHEET

SAVE THIS PAGE! SHOW IT TO YOUR PARENTS!

1. *IF YOU ARE CONSIDERING DROPPING FROM THE RETREAT*, do so as soon as possible. If you are failing or have failed a course, let Mr. Beerman know NOW. If you drop within three weeks of the date, we will not be able to fill your spot. (FYI, there are more seniors than spots available on all the KAIROS retreats.)

2. The retreat will be held at the Jesuit Spiritual Center in Milford, OH. If it is necessary for your parents to contact you during the retreat for some emergency, the phone number there is 248-3500. The receptionist will get the message to one of the adult team members. (After 4:00 p.m., call 513-667-0672…Emergencies only please!)

3. EVERYONE MUST LEAVE FROM AND RETURN TO SCHOOL...NO EXCEPTIONS.
   - ***DEPARTURE TO KAIROS:*** Meet in Room 2502 at 4:00 pm on the Tuesday of your retreat week. Be on time or we will leave without you. ***If you bring your luggage in the morning, store it in the Asst. Principal's Office, but you must remove it by 3:30 when that office closes.*** No one may bring a car.
   - ***RETURN TO SCHOOL:*** The retreat will end no later than 7:00 PM on Friday. ***PLEASE, DON'T PLAN ANYTHING UNTIL AFTER THAT TIME.***

4. WHAT TO BRING:
   - Wear comfortable clothes. Jeans and decent T-shirts with sleeves, shorts or sweats are fine. Bring extra clothes/shoes in case you get wet or messed up outside.
   - Towels and sheets are provided. Bring shampoo and other toiletries.
   - Milford has good food, but you are encouraged to bring **individually wrapped** snacks to share (approx. 20). If you do not bring a snack to share you will regret it during retreat breaks. ***All food and drink MUST remain in the cafeteria area. We tend to share snacks with everyone – but if you have something that you need to keep for yourself – please put your name on it.***
   - You may bring a football, soccer ball or Frisbee. Also fine to bring a small musical instrument, such as a guitar.

5. DO NOT BRING radios, CD players, TV's, CELL PHONES, I-PADS/COMPUTERS etc. This is not what the retreat is about. Do NOT bring books or other school work. Leave them in your locker until after the retreat.

6. ***YOU ARE RESPONSIBLE FOR ANY SCHOOL WORK YOU MISS WHILE ON RETREAT.*** Have a friend keep track of assignments. Try to be caught up with your assignments BEFORE going on retreat. You must be present at school on the day of departure. You may not skip school and still attend Kairos.

7. For any special **DIETARY NEEDS**, see Mr. Beerman ASAP. Milford is very accommodating to different dietary requests.

8. If you are taking any **MEDICATIONS**, you need to fill out the form you were sent in your confirmation email (also found on the Campus Ministry section of the website.) We really only need the name of any medication you will be taking – the signatures are NOT REQUIRED. *(This form may be found at www.stxavier.org. **Sign on** thru the Parents portal **at the very TOP of the website**… scroll down to the **PARENT PORTAL menu** in **the middle of the page**, click on the Academic Support tab. On the Student Support menu, click on School Nurse. Finally, click on STANDARD ADMINISTRATION OF MEDICATION FORM.)*

9. You will not be able to use your cell phone during the retreat. If there is an urgent need, simply ask one of the adults on the retreat and arrangements will be made to assist you. The idea is to "retreat" from the outside world.

10. KAIROS is a school event and the usual rules about smoking/drinking/drugs are in effect.

11. You may have heard all kinds of things about KAIROS. We suggest you let go of them. What you heard, while true for someone else on their retreat, may or may not be true for you on yours. Try to get rid of expectations. God will work in and through you if you are open, generous and genuine. This is the key to a successful KAIROS.

Questions? See Mr. Beerman in Campus Ministry.