### WHAT IS A RETREAT?

A **retreat** is a special time set aside for a group to pray, meditate, study, listen and grow. This retreat includes:

- Small group time
- Talks/input
- Music
- Times of prayer
- Silence
- Alone time
- Shared rooms
- Good food

### WHO ATTENDS KAIROS?

- Seniors
- A few juniors
- Faculty
- Staff
- Administration
- Rosary Alumnae

### WHY GO ON KAIROS?

Kairos is a chance to get away, look at your life and your relationship with yourself, family, friends, and God. It is a chance to slow down, rest, think, pray, reflect, and be.

### WHERE IS KAIROS?

Mission San Luis Rey Retreat Center
Oceanside, CA

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### WHEN IS KAIROS?

<table>
<thead>
<tr>
<th></th>
<th>Fall: Sept. 21 - 24, 2010</th>
<th>Winter: Dec. 7 - 10, 2010</th>
<th>Spring: Mar. 29 - April 1st</th>
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The bus leaves Rosary on a Tuesday at 2:30 p.m. and returns on a Friday between 6:30 - 7:30 p.m.

### WHAT IS THE COST?

$330.00 includes a shirt.

### PARENT MEETINGS

<table>
<thead>
<tr>
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<th>October 26th, 2010</th>
<th>February 23, 2011</th>
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<tbody>
<tr>
<td></td>
<td>7:00 - 8:00 pm in Chapel</td>
<td>7:00 - 8:00 pm in Chapel</td>
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### REQUIRED PAPERWORK

Since the retreat can only take a limited number of retreatants, each girl interested in attending the Kairos Retreat must turn in the following as soon as possible:

- Retreat Application
- Permission Slip
- full payment of $330

All of the paperwork can be found in either the Office of Campus Ministry or the Main Office. These forms and payment must be turned in to the Office of Campus Ministry or the main office.

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### SCHOLARSHIPS AND DONATIONS

The Kairos Scholarship Fund provides financial assistance to Rosary students. Your generous gift allows students, who otherwise would not be able to go, to participate in the Kairos Retreat. Please make checks payable to Rosary High School/Kairos. For more information please contact Ms. Nollette.

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*There is always time to make change*

*There is always space to turn around*

*There is always tomorrow to start again*

*There is always a new path to choose*

*There is always energy to move ahead*

*There is always light to guide the way*

*There is always God to welcome us with love*
KAIROS

IMPORTANT INFO

- On Tuesday morning before school drop off your luggage in the Rose Garden near the main office.
- Please carpool to school so you do not leave your car.
- Jeans can be worn to school on Tuesday, so that you can be ready to leave immediately.
- Bring your luggage, and meet in front of the school on Acacia to load the bus at 2:30 p.m. We want to leave on time so be ready and put your school books in your locker. Backpacks can be stored in the Office of Campus Ministry.
- The retreat will finish at approximately 7:30 p.m. on the Friday of the retreat. Do not make plans to work that evening.
- You will not be able to use the phone during the retreat. The emergency number is: (760) 757-3659.
- If you have any medical concerns or special needs, please see Ms. Nollette or lnollette@rosaryhs.org

PACKING LIST

CLOTHES
Comfortable Clothes
- Jeans/Pants
- Shorts?
- Shirts
- Sweats
- Sweater
- Sweatshirt
- Jacket
- Socks
- Shoes
- Underwear/Bras
- Nightshirt/PJs
- Swimsuit (burr...) 
- Towel for swimming

TOILETRIES
- toothbrush/paste
- shampoo
- conditioner
- lotion/sunscreen
- Kleenex
- soap/razor
- deodorant
- powder
- Q-tips
- Chapstick
- flip-flaps for shower
- brush/comb
- cosmetics
- hair dryer
- kotex/tampons

SNACKS
- to be shared

PRESCRIPTIONS/MEDICATION
- write on permission slips
- talk to Ms. Nollette

OPTIONAL
- flashlight
- umbrella
- money for gift shop
- coins for soda
- pillow
- sports equipment
- refillable water bottle
- small throw blanket

DO NOT BRING

Do not bring...
- camera/film
- CD/iPod players
- any electronic equipment
- cell phone
- laptop
- alarm
- watch
- clocks
- sunflower seeds
- gum
- drugs
- alcohol
- sleeping bag
- books to read
- playing cards, games
- school work
- ANY DISTRACTIONS

KAIROS CHECKLIST

In order to go on Kairos you must complete this list:
- application turned in
- permission slip turned in
- paid $330
- parents attended a parent meeting or spoke to Ms. Nollette
- talk to your teachers about homework
- medical information on your permission slip
- see Ms. Nollette with any questions
- have your parents call Ms. Nollette with any questions
- give the emergency number to your parents
- go to retreatant meeting
- pack bag using the list
- give your cell phones to your parents before you leave
- pray for the success of the retreat
- Be open and ready to have a terrific experience