

Archbishop McNicholas High School Kairos Retreat

KAIROS # ____

Information Sheet

Your Kairos Retreat is just around the corner!

1. Your Kairos retreat will be at _____. If it is necessary for your parents to contact you for some emergency, the phone number is: **(513) 248-3500** (Milford Spiritual Center) **or (859)371-4224** (Marydale Retreat Center). The message will be given to an adult team member who will then relay it to you.
2. Meet in the gym lobby on **Tuesday**, _____, **at 4:00**. We will depart by bus from the gym lobby. **BE PROMPT**. All participants will ride the bus, and so no one may bring a car to the retreat.
3. Bring appropriate, modest, comfortable clothes for the retreat. Be sure also to pack clothes that will be appropriate for outdoor recreation.
4. You may bring **snacks** to the retreat center. We will share these at a common table. Bring healthy baked goods, fruit, etc. Remember, we share. Quality meals are provided at the center, and there will be plenty for all.
5. **Do not bring radios, ipods, watches, alarm clocks.** You *may* bring footballs, Frisbees, basketballs, or other sporting equipment, or musical instruments. Make sure to label items with your name. There will be a break each day. Do not bring school work, textbooks, or notes. Kairos is a *retreat*, a time to take a break from our daily routines.
6. **Your cell phone must be turned in to the bus manager in the chapel before boarding the bus.** NO exceptions, unless you do not own a cell phone. A parent must contact Mrs. Sandmann at msandmann@mcnhs.org *no less than* one week before the retreat to say that you do not own a cell phone if that is the case.
7. Toiletries: Pack toothbrush and toothpaste and other needs. Bring your own aspirin or medication if you will need it.
8. Bedding, towels, and washcloths are provided. One towel and wash cloth are used Wednesday thru Friday—so if you want another towel, bring it with you.

9. Since this is a school sponsored event and an important part of your education at McNicholas, be mindful that school policy on tobacco, drugs, alcohol will be **STRICTLY ENFORCED**.

10. **IMPORTANT:** Kairos is much more structured than your Sophomore or Junior renewal experience. The time is organized around both large group gatherings and small group discussion and reflection. Thank you in advance for honoring the request, at times, to maintain a strict silence.

11. We are guests of the staff at Milford/Marydale and we shall follow all of the rules and recommendations of the center. Therefore, no talking will be allowed in the hallways of the areas where people sleep.

12. We will return to school Friday late afternoon or early evening depending on traffic and the time we leave Milford/Marydale. Please do not make any plans for early Friday evening. Be Flexible!!

13. You might want to bring your camera. A group picture is taken the last day of Kairos.

14. If you have any special dietary needs (e.g., vegetarian, food allergies, diabetic, etc.), please let Mrs. Sandmann know right now.

15. **Be sure that you get your permission form SIGNED, FILLED IN, and RETURNED to Mrs. Sandmann *no less than one week before your retreat begins.***

THANK YOU! Please see me with any questions or concerns!

Mrs. Mary Beth Sandmann
Kairos Retreat Director
msandmann@mcnhs.org