

# KAIROS RETREAT

Hi! Thanks for considering the idea of being a part of this new retreat program for Seniors at Antonian. This year, you have the option to attend a retreat in a time in your life that is so exciting and at the same time so full of uncertainties for new beginnings and the future.

This is a basic Q&A about Kairos, if you have any more questions; please feel free to see me or any of the leaders. We will be happy to help you out!

## ***What is Kairos?***

Kairos is a Catholic retreat program for high schools. Kairos is a close adaptation of the Cursillo retreat ministry, and has the Ignatian spirituality deeply rooted in the meditations of every day. Kairos is an experience of Christian community, with a series of talks given by peers and faculty members. Prayer and the sacraments are an essential part as well as your involvement in discussions and various exercises.

## ***What does Kairos mean?***

When Paul instructs us in Ephesians 5 to make the most of the time we have, he chooses a particular word to express his concept of time. It's not the Greek word *chronos*, which means measurable or quantifiable time. It's *kairos*, which means a season or an opportune time, *chronos* refers to minutes and seconds, *kairos* refers to an appointed time, an opportune moment, or a due season. A Kairos retreat is that opportune moment God chooses to meet with you personally and at a deeper level.

## ***When is the retreat? What is the cost?***

We will have two Kairos retreats this year, one in the Fall (November 26-29) and one in the Spring (March 18-21). Retreatants will depart from Antonian at 4:30pm on Monday (a regular school day for those attending Kairos) and will return to school at 5pm on Thursday. You will have an "excuse absent" for Tuesday, Wednesday, and Thursday. All faculty, leaders, and retreatants are to report to school on regular schedule both on Monday and Friday! **The cost of the retreat is \$250 per student. A \$50 deposit payment together with signed liability forms (including copy of health insurance card) are required and must be turned in to Ms. Angela ASAP to secure your spot!** If you need help to fund the balance of your retreat cost, please see Ms. Angela, we can help you with fundraiser ideas! Don't let money be an impediment to attend!

## ***....but what about all the school work that I will miss?***

Even though it is an optional retreat for Seniors, this retreat is part of the integral formation we offer to our students here at Antonian, your teachers know about the importance of attending this retreat and are willing to work with you to help you catch up with work, quizzes, tests, etc... With that said, you need to be responsible and pro-active before and after the retreat in meeting with your teachers and seeking out for that help. They won't come to you to ask you when you are ready to take tests or do homework... you need to give that first step in this process, it is YOUR responsibility! Above all, remember that you have 100% support from the Antonian Administration and that you are giving of your time to God, so He will be your main helper in this process!

***\*\*\*There are limited spots for these retreats. Spots will be filled in a first come, first serve basis with those students who turn in deposit payment and complete signed documentation ASAP \*\*\****