

January 2011

Welcome to KAIROS 49! We are very much looking forward to sharing this experience with you and we believe that this retreat will have life-long rewards for you!

The following information is designed to help you to prepare and organize yourself for this retreat on Tuesday, January 18 through Friday, January 21, 2011. **There is no other preparation session before Kairos, so please save this sheet.**

Our Kairos will take place at the Moye Spiritual Life Center (St. Anne's Convent) in Melbourne, Kentucky. Transportation has been arranged. The buses will leave Seton on Tuesday, January 18 at 3:15 p.m.. The retreat will conclude on Friday evening January 21. If it is necessary for your parents to contact you during the retreat (for emergencies only, please) **the contact number is 859-441-0700, Ext. 327**. The message will be forwarded to one of the leaders and you will be notified as soon as possible.

- Wear comfortable clothes. Sweatpants and respectable T-shirts/shorts are fine. You may want to dress in layers (jeans, sweats, flannels, etc.) Dress for the weather.
- Bring cards, Frisbees, balls, cameras, etc. to make your recreation time more enjoyable. You will have use of the grounds for recreation and private reflection.
- **DO NOT BRING: radios, walkmen, CD players, cell phones, IPOD'S, pagers, watches, alarm clocks, etc.** If you are found in possession of any of the above items, they will be taken and conduct points will be issued. Your retreat will be more meaningful if you focus on other areas of recreation and relaxation.
- Meals will be provided. **DO NOT BRING FOOD, unless you have enough to share with 60 people.** Snacks and beverages will be provided, as food is not allowed in your room. However, you are encouraged to bring change for the pop machines.
- If you have any dietary restrictions, allergies, etc., please let us know well in advance of the retreat, so we can plan accordingly.
- If you take prescription medicine, or if you will need medication for headaches, cramps, asthma, etc., please bring it with you. This information will need to be indicated on the medical release form along with a note from your parents/guardians.

- Kairos is a school-sponsored function and school **rules for drinking, smoking, cell phone use, conduct and drug usage will apply**.
- Towels, sheets and blankets are provided. You may bring your own pillow. If you want to bring slippers, stuffed animals, etc. that's fine. Be sure to bring your own toiletries.
- You will have a private room. Sinks and showers are located in each hallway.

Since Kairos is such an intense experience, we advise you to make no plans for the last day of the retreat (Friday evening). You will be exhausted and will need to take time for yourself. If your schedule will not allow that evening free, we suggest that you do not plan anything before 8:30 p.m.

If you are feeling somewhat nervous about the experience, please know that this is a common experience. We have worked many hours to make sure that this retreat is powerfully meaningful. We can assure you that we are also nervous! We are also very excited to be able to bring the Kairos experience to Seton. St. Xavier, the first Kairos high school in Cincinnati, recently celebrated its 24th year of Kairos and 99% of their 400+ seniors made the retreat last year! Now you will be a part of that special Kairos bond not just in Cincinnati, but with other Kairos alums throughout the country.

If you have any questions or concerns, please contact Mrs. Linz either by email or by telephone. Mrs. Linz's email address is: linzj@setoncincinnati.org you can reach him by voicemail 24 hours a day by calling the school telephone number, 471-2600, and asking to be connected to 120. If the school office is closed you will get a recording when you call the school number. As soon as you hear the recording begin, punch in 120 with your touch tone phone and it will connect you to Mrs. Linz's voicemail.

You are part of a powerful tradition in progress and we are excited to be able to facilitate this experience for you. Enjoy it!

THE KAIROS TEAM