

KAIROS 13

The retreat is held at **Cabrini Retreat Center** located at **9430 Golf Road, Des Plaines IL 60016**
Contact number during weekend: Kevin O'Connell (cell): 708-212-0043.
Cabrini phone number is 847-297-6530.

Friday February 17th: Please meet in the Holy Family Narthex (2515 Palatine Rd/Inverness) by 3:45 p.m.

Transportation: Teens will be transported by bus to and from the retreat.

Monday February 20th, Pickup will be at Saint Mary (50 N. Buffalo Grove Rd/Buffalo Grove),
please do not make plans before 7:30 p.m.

What to Bring:

- **Casual clothing** - jeans, sweats and gym shoes, etc. – No tank tops/sleeveless shirts
The building is large and varies in temperature, so clothes that can be layered are helpful.
- **Snacks to be shared by all.** Food is not allowed in the sleeping areas.
- **Toiletries** necessary for 3 ½ days away from home. **Remember to bring a towel and soap.**
(Do **not** bring a sleeping bag. Pillows, blankets, sheets and a pillowcase are provided.)
- Might want to bring some change for the pop machine.
- An open spirit and a sense of fun/humor will greatly impact the experience.

Regulations:

1. Once the retreat has started, all students are to **remain on the grounds** of the retreat center.
2. Males and females **may not go into the sleeping areas of the opposite sex.**
3. **Absolutely no tobacco, alcohol or chemical substances.**

Anyone who violates the above policies will be asked to leave.

Parents will be called to pick you up.

- Cabrini Retreat Center asks that you **do not bring items of value.** (iPod & phones, etc.) These things are also distracting during the retreat.
- Personal phone calls are not permitted except in the case of an emergency.
- You need to be **respectful** of all people and the building/grounds when on retreat.
If you destroy property in any way, you will be fined \$100.00 to be donated to the retreat center.
- **Please be wise in your behavior so that this can be a great experience for all.**