

KAIROS RETREAT INFORMATION SHEET

Dear Parents/Guardians and Students:

If you have any questions about the KAIROS Retreat, please contact Mrs. Gurt (215-268-1078) or Mrs. Martin (215-268-1079). **Please save this information sheet for future reference.**

WHO: Seniors of NA, led by NA Seniors and NA Faculty and Graduates.
WHERE: Jesus House Prayer and Renewal Center, Wilmington Delaware
WHEN: 3:00 PM Thursday, October 27 until 3:00 PM Sunday, October 30.
3:00 PM Thursday, January 12 until 3:00 PM Sunday, January 15.
3:00 PM Thursday, February 16 until 3:00 PM Sunday, February 19.

OTHER IMPORTANT INFORMATION:

1. All retreatants must use the bus provided for transportation to and from the retreat. All participants must be present for the entire retreat.
2. Participants may not bring books to read or other schoolwork. It is important to make a special effort to be up to date on schoolwork before you leave. Each faculty member has a list of who will be on the retreat and has been notified that no books will be permitted. They also know that you will be exhausted upon return Sunday evening
3. Do **NOT** bring cell phones, watches, pagers, radios, I-Pods, portable CD players, games, or other diversions.
4. Bring snacks for three days to share.
5. Retreatants may **NOT** use the telephone during the days of the retreat. Do not plan to call anyone and don't ask anyone to call you, unless your parents need to contact you for emergency reasons. If there is an emergency, the phone number of Jesus House is **302-995-6859**.
6. You are asked to bring your own towels and toiletries. Please bring a comfy blanket or a Snuggie. The Center provides sheets. If you have a special pillow that you like you can bring that as well.
7. Pack casual clothing and **PLEASE** keep baggage down to **ONE** small suitcase! Sweats, jeans, and comfortable clothing are fine.
8. Please put your **NAME** on your baggage. It will be easier to identify them!
9. Nazareth Academy's policy on smoking, drugs and alcohol will be **STRICTLY ENFORCED**.