

Rosary Academy Kairos Retreat
October 18 – 21, 2022
Mission San Luis Rey Retreat Center in Oceanside, CA

Retreat Schedule

KAIROS DAY ONE/ Tuesday

Doubt the First

- 10:00am Load Van/bus/
All supplies ready to go: old hands posters, blue tape, t-shirts, laminated name tags/door tags, beads, string, cooler, puzzle piece envelopes for each student, blank paper for letters, #10 envelopes, parent letters, love envelopes for each retreatant, bibles, blank poster paper, candles, lighters, laminated 1-17 for Values exercise, electric candles from sacristy for shared prayer, small group rooms and prayer table.
- 10:30 Student leaders and Retreat Director leave for Retreat Center in Rosary van from Rosary. Stop for lunch and supplies
- 2:00 Leaders arrive.

Team Meeting to check everything.

1. unload van
2. collect cell phones
3. put up hands posters
4. door tags/name tags
5. setup room for love envelopes.
6. assign small group rooms
7. set up talk room – in rows – 10/11 chairs/ row – 6 rows total. You may split them in half and face each other, 3 on one side and 3 on the other or you may put 6 rows solid in the middle. Put 7 chairs in the back for the Adult team.
8. supplies in order, organize supplies,
9. room keys for adults, student leaders and retreatants.
10. check food room
11. setup podium, AV equip, PowerPoint, sound/music
12. prayer table
13. candles
14. bell. Bring bell for calling people back.
15. welcome sign on white board – bring eraser and white board pens
16. any birthdays...etc.
17. Ice cream to freezer.

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- 4:00 Retreatants arrive (team greets students) – Bring all luggage to the front room, line in up in the hallway on both sides. Have the students go to the restroom and then meet back in the talk room, they can sit anywhere they want at this time.
- 4:30 **Retreat Director Rules talk PowerPoint**—projector, thumb drive.
1. **Confidentiality** (suicide, sexual abuse, we will get help for you)
 2. **Drugs/Alcohol-** it is a choice to be present to your feelings
 3. **Make sure you are listening & always wait for instructions.**
 4. We are not here alone. Keep noise level low. We are guests in someone’s home.
- 4:45 **Break into small groups:** Make name tags-beads. Groups introduce themselves to each other. Write your name on their book. Their book will be an opportunity to take notes. Getting to know you. Play Retreat music playlist.
- 5:10 Bring your small group to their rooms and get them settled
- 5:25 Everyone back in the talk room for “Grace”
- 5:30 Dinner & conversation (sit in groups) Adult team will sit together
- 6:30 Back in talk room – Leaders meet in our room - before each talk leaders gather and prays over the speaker. Adult or student leader sits in the corner and prays during the talk.
- 6:45 **Student Why are you here? – Mary Larson & Bella Barretto**
Talk/Retreat is a vacation where God is the host.
- 6:45 Opening song
- 7:15 talk
- 7:15 Closing song and reflection
- 7:20 small group time. Move to break out room.

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- 7:20 **First Group Interview** Go to assigned rooms
1. Take songbook and pens. Rooms dim but not dark, able to see each other. introductions-ask age & record in adult's Kairos book (we are mandated reporters)
 2. Quiet reflection time before answering the questions/journaling
- Describe your family, hobbies, job.
 - Share something that you enjoy doing; something unique about you.
 - If you really knew me you would know.....?
 - How did you feel when you got off the bus? And now?
 - Why did you come on this retreat?
 - How do you feel about the God and your faith right now?
- 7:50 Break – food set out to snack. Make sure retreatants use restrooms. Put food away after break over. () will put out food and comes to food room 5 minutes early to setup and put food away. Other adult leaders and student leaders will be asked to help with this at times.
- 8:10 **LIFE GRAPH - All adults** - Exercise in Creativity-share a high and low/ what did you learn? Small groups-make life graph-share 1 high and 1 low.
- 8:30 Small groups. Back to main room by 9:00pm.
Share a high and low/ what did you learn?
- 9:00 Break – food out for break. Make sure retreatants go to bathroom. Put food away at 9:15pm.
- 9:20 Team meets for prayer in team room
- 9:30 **KNOW YOURSELF – Chloe Hoyos**
- 9:30 Opening Song
 - 9:35 talk
 - 10:05 Closing song and reflection
 - 10:15 walk to chapel
- 10:15 **PRODIGAL** (Luke 15:11-32) – **Jessica Hermosillo**
- Go over in their Kairos booklets – Movie of their life. Give them time to journal in chapel with soft music after Prodigal talk. Student Leaders collect Kairos booklets at end of night. Electric candles in chapel.

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11:00 **BED**

- Bring retreatants to dorm rooms - Do not take showers at night.
- Ask them not to leave their rooms until they are woken up the next morning. Do not go outside because the door to the dorm area locks behind them. Of course, if they have to go to bathroom, that's fine. Student leaders will be up and taking showers in the morning. Retreatants stay in rooms until their doors are open and they are woken up. It will be obvious.
- No early wakeup for running or going to mass.

11:00 **Adults clean up talk room and then meet the rest of the team in the dorm hallways to monitor the girls**

1. Team leaders straighten up talk room and food room.
2. Make sure all the girls have gone to bed

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DAY TWO / Wednesday

Cry the Second

- 6:00 **TEAM ARISES – get up, get dressed and be ready to wake the girls up!**
- 6:30 Wake retreatants up, have them get ready for Mass – Ask retreatants to take showers if they want, get dressed – meet in Serra at 7:15 for Mass
- 7:30 Mass – Chapel (Fr. Ian)
- 8:00 **BREAKFAST - For all meals:** Sit at tables, and adult leader will call each table. Adult leaders sit at a separate table.
- (Maggie LaBonte & student leaders)** set up for values exercise outside in back grass area with chairs and # signs.
- 9:00 **FIGURE OF CHRIST – Dave Lyons**
- 9:30 **VALUES EXERCISE – Eileen Kearns**
- 9:45 Talk about values exercise outside in grass area or talk room depending on weather.
- 10:00 Break - make sure retreatants go to bathroom. Eat food. Put away food at 10:15.
- 10:15 **IDEALS – Sydney Rosario**
- 10:15 music
- 10:20 talk
- 10:25 music and reflection
- 10:30 reflection/instructions
- 10:35 small group time
- **What do you value? How do you live out your values?**
 - **How have you failed at living out your values?**
 - **How have you succeeded at living out your values?**
 - **How can you better live out your values?**
 - **How would you like to grow?**
 - **How do you want to be remembered?**

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- 11:00 **God’s Friendship – Katie Marquez**
 11:00 music
 11:05 talk
 11:20 music and reflection
 11:30 small group time
- **Describe your good friends.**
 - **How have you struggled in your friendships?**
 - **When have you been a good friend and when have you failed?**
 - **How have you experienced God’s friendship in your life?**
 - **What relationships have made you feel closer to God? How/Why?**
- 12:00 **LUNCH**
- 12:45 **FAITH IN ACTION - Viviana Mercado**
 1:05 music
 1:10 talk
 1:20 music and reflection
 1:40 small group time
- **How do you put your faith into action?**
 - **How have you failed to put my faith into action?**
 - **What are my struggles with my faith?**
 - **Who is Christ-like in your life?**
 - **How has your faith been tested?**
- Note:** If there was not enough time for discussion after God’s Friendship, those questions can be done at the beginning of this small group time.
- 1:45 **Reconciliation with Fr. Ian – Letters to God –**
- 3:30 Free Time
- 5:00 Praying the Rosary
- 6:00 **DINNER**
- 7:00 Tell retreatants to use the bathroom and lead them to talk room.

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7:00 **SIGNS OF GOD’S FRIENDSHIP – Maggie LaBonte**

 7:00 music

 7:05 Talk

 7:15 Reading of parent letters by adult group leaders

Reading parent letters– Adult Small Group Leaders (Maggie & Dave)

As the talk begins, the student leaders leave the room inconspicuously and place envelopes of letters in their breakout rooms.

9:00 After this talk is over, student leaders take their group to their break out room where they find an envelope of letters.

1. They are given about 30 minutes to read.
2. Ask them not to leave their break out room until student leaders come back and get them.
3. Everyone should be silent.

9:30 **Serve ice cream. Play soft music and ask for quiet talk.**

9:45 Reactions to **SIGNS TALK AND LETTERS – Eileen Kearns**

Open up discussion in large group

10:30 **BED**

- Bring retreatants to the dorm rooms and ask them to get in their PJs for prayer and attendance check.
- Do not take showers at night.
- Go to bed.
- Ask them not to leave their rooms until they are woken up the next morning. Of course, if they have to go to bathroom, that’s fine.
- No early wakeup for running.

11:00 **Student and Adult Meeting in Talk Room.** Group updates.

1. Team leaders straighten up talk room and food room.
2. Wake up at 6:00 am.
3. Wake up retreatants at 6:45 am
4. Take showers, if necessary

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DAY THREE/Thursday

Trust the Third

- 6:00 **TEAM ARISES – Get dress and prepare for the day!**
- 6:45 Wake up girls for Mass – they will have only 30 minutes to get ready, we leave for church at 7:15.
- 7:15 Meet in Serra Room – leave for Chapel at 7:15
- 7:30 Mass in small Chapel
- 8:00 Breakfast. Walk group over to chapel.
- 9:00 **THREE GLANCES OF CHRIST** prayer – **Jessica Avalos**
- 9:30 **DISCOVERING GOD – Mary Larson**
9:30 Music/Where does God live?
9:35 Talk
9:45 Music and reflection
9:55 Small Group Time
- **What are your blessings?**
 - **What is your image of God?**
 - **How has your image of God changed over the years?**
 - **What is it now?**
 - **When have you felt God’s presence, absence?**
- 10:30 Break - make sure retreatants go to bathroom. Eat food. Put away food at 10:45.
- 10:45 **OBSTACLES TO GOD’S FRIENDSHIP – Eileen Kearns**

10:50 Music/Where does God live?
10:55 Talk
11:05 Music and reflection
11:15 Small Group Time
- 11:15 Small group time:
- **What are the obstacles in your life that affect your friendship with God?**
 - **How are you an obstacle in your own life?**
 - **Why do we wear masks?**
 - **What masks do you wear?**
 - **How have your masks changed?**

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- 12:00 **LUNCH** - Student Leaders lead small group to dining hall. Pray in dining hall as one big group. Walk small groups back to talk room.
- 12:45 **LEADERS – Emma Oskorus**
12:45 music
12:50 talk
1:00 music and reflection
1:10 Small group time/discussion
- **What do you see as the most important qualities of a leader?**
 - **Who, on this retreat, other than the team, do you see as a leader?**
 - **Why do you see them as leaders?**
 - **How are you a leader? How have you failed as a leader? Regrets?**
- This is the last small group time with opportunity for free discussion. Invite retreatants to talk about anything that they may still want to discuss.
- 1:45 **Adoration**
- 3:00 Recreation - **Retreat team meets outside to talk about shared prayer and affirmations. Make sure everyone on same page for ending time and going to bed.**
- 4:30 **Write the Letter to self.... Small Group rooms, Chapel or Serra Room**
1. Give letter writing instructions
2. Write letter to yourself. Rosary mails them in 5 years.
3. Stay within courtyard. Do not wander off. When bell rings meet in talk room.
- 5:45 **DINNER**
- 6:30 Meet back in the main talk room – we will dismiss from here to go to Shared Prayer
- 6:45 **SHARED PRAYER** candle, cross, matches, tissue. Each group should make sure to setup their rooms with soft light and prayer items, bible, tissues.
- 7:30 Break – put out food. Make sure retreatants go to bathroom.
- 7:45 **REACTIONS TO SHARED PRAYER – Eileen Kearns**

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8:00 Give morning instructions, clean up cards:

Retreat instructions:

1. If you have energy – can pack luggage tonight.
2. Stuff used sheets and towels into pillow case in hallway outside bedroom door
3. Leave trash bag outside in hallway next to pillow case.
4. Put extra blankets and pillows back on shelves

8:15 **GROUP INTERVIEW/Affirmations**

Remind students at the end of the interview that we have another long day and sleep is essential. /use rocks, shells, Kairock, cross...it is a choice

- **How do you feel about Kairos right now?**
- **How do you feel about yourself right now?**
- **How do you feel about going home?**
- **How do you feel about God and your faith?**
- **Are there any changes that you would like to make? How and what?**

After a person speaks the person next to them will begin by giving two statements of affirmation. Go around the circle and give some words of encouragement and affirmation. Speak in the first person. Speak to the person. No backhanded comments. Speak about things you have seen or learned on retreat, not from before the retreat. Retire in silence. Other groups may not be finished. Respect each persons need for silence. This is not a time for affirmation of leaders.

Follow up tasks:

1. **CHOOSING SCRIPTURE READING for closing prayer service tomorrow.**
2. **Sign notebooks**
3. **Pass out t-shirts**
4. **Invite those with tons of energy to clean their rooms tonight...**

10:00pm Bedtime after group affirmations. Each group will finish at a different time. **Please make sure that all the girls go to their own rooms and stay there – we need to get to sleep tonight.**

Adult Team will straighten talk room up, pick up tissues, etc.....and then go monitor the hallways of the dorm.

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DAY FOUR/Friday

Live the Fourth

- 6:45 **TEAM ARISES.**
- 7:15 Wake-up Call. Tell them to take showers if they want, get dressed and stay in dorm area until they are called to meet in hallway. If they have time – pack luggage and clean room. Do not wander.
- 8:00 **Breakfast** – walk back to dorms.
- 8:30 Finish clean-up of rooms and packing. Retreatant stays by room until checked. Each room needs to be checked and then retreatant brings luggage to talk room. Student leaders in talk room leading songs, camp songs, church songs, fun songs. Adult leaders check rooms and ok for retreatant to go to talk room when room is clean.
- 9:15 **Second Chances Prayer – Bella Barretto**
- 9:30 Music
- 9:35 Talk
- 9:45 Music/Reflection
- 9:55 Break
- 9:45 **LOVE IN ACTION - Rory Bevins**
(No discussion)
- 10:10 Music
- 10:15 Talk
- 10:25 Music and reflection
- 10:35
- 10:15 Restroom Break
- 10:30 **THE FOURTH DAY - Student Leaders - dress up wearing white**
- Break out rooms. Small groups led by Adult leader to write love letter to student leader as a group.
- Student leaders clean up**
Clean small group rooms, chapel, all personal stuff loaded in cars and van, hands poster up, food room, collect crosses, candles, PACK the VAN and cars, prep slide show, cooler, drawers in the van, reset chairs for 4th day talk, letters for new people, fridge clean, collect notebooks. Call the bus company.

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- 11:00 Small Group Pictures - Finish **LETTER WRITING**
- 11:15 Hands Posters – Girls leaving early need to get their handprint on poster ahead of time.
- 11:40 Walk over to Mission Church together for photo outside of mission church and mass.
- 12:00 **MASS in Mission Church.** Walk with small groups to dining hall after mass.
- 12:45 Lunch.
- 1:30 **CLOSING PRAYER SERVICE – Eileen Kearns**
- Take the Kairos pledge – “I Choose.....”
 - adult/student reactions
 - sign hands poster,
 - now the retreat belongs to you.
 - student team leaves discreetly at sign of peace.
- 2:15 Finish Hands Posters/Student Team leaves/Gift Shop
- 3:00 **Retreatants leave retreat center for school**
- 4:45 **Retreatants arrive back at school/final prayer/Kairocks/Candle table,**
Go to room 212 to wait if you arrive early, otherwise, put luggage in room 5 and come directly to Assembly Hall.
- 5:00 Final Prayer Service with parents**