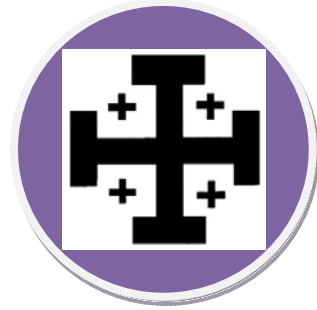


Notre Dame de Sion

Kairos 35



What to bring:

- _____ Casual clothing that's comfortable. (see guidelines for civvies wear)
- _____ Your own hard plastic water bottle. (It's a green retreat!)
- _____ Personal toiletries (if you're close to that special time of the month, please bring needed items...) Shampoo, toothpaste, toothbrush, lotion, sunscreen, your own pain relievers (tylenol), or vitamins. The retreat center provides a bath and wash towel. The retreat rooms have bed linens, blankets, comforters and pillows.
- _____ Bags of fruit, cookies, chips, etc. to share with the large group We have several breaks throughout the days and nights, and the stuff you bring will supply the snack table for the week. ☺
- _____ An open mind and an open heart.

Cell phones can help us stay in touch with the ones we love and they can be a hindrance on a retreat when we are trying to build community. We ask that you keep your cell phone at home or turn it in to the campus minister at the beginning of the retreat. You will have access to a phone if you need to make a call (birthday wishes for family members, checking up on friends/family who may be sick, etc.)

On Tuesday, May 31st

Meet in the New Grande Salle by 3:00. The bus will leave by 3:30 p.m. for a 1 hour to Atchison, Kansas.

Our Full and Part-time chaperones for the retreat will be:
Mrs. Pino-Dressman, Mrs. Teel, Mrs. Haghirian, Mrs. Koehler, Mrs. Selle

Emergency Phone Number:

Stephanie Pino-Dressman, cell # 913-710-2954

Please note: If a student or chaperone becomes ill during the retreat, they will be sent home. As with every retreat, we will do our best to offer an environment with a balance of good food, rest and plenty of water.

On Friday, Friday, June 3rd

We will be returning to the school at approximately 4:45 p.m. to close our retreat. You will be free to leave the building by 6:00 p.m.