What is a Kairos Retreat?

Kairos is a Greek word meaning the right time or opportune moment of grace.

The Kairos experience is a four-day retreat based on the four “weeks” of the Spiritual Exercises of St. Ignatius of Loyola.

It provides a unique opportunity for teens, on the threshold of young adulthood, to explore and experience their faith in a mature way.

Teen leaders give talks based on central Gospel values and model the call of Christ to live with faith, courage, and joy.

The Kairos experience is a huge investment of time for a busy teen which yields a life long return.

A Kairos Retreat was a turning point in my life. It rejuvenated my faith in God as well as my faith in myself. I owe most of who I am today to the community built on the Kairos that I attended. While on retreat, I explored what it truly means to be yourself. I learned that I, just as everyone else, am made in God’s image and as such I am but one of His many masterpieces.

None of that would have been possible without the miracle that is Cabrini Retreat Center.

At St. Viator High School, Cabrini is considered a safe haven and a sanctuary. To walk the halls of Cabrini is a blessing in and of itself.

Students know that the warm friendly feeling we get here at Cabrini is a vital part of the Kairos experience. From the Bible in our bedrooms to the “Dishwater” in our cups (“Dishwater” a special Kairos drink mix created by Cabrini staff), nothing comes close to being as welcoming as Cabrini and its team.

Considering all that’s been said, it’s no wonder that I am the envy of my friends (and no it isn’t because of my stunning good looks). For a summer, as an intern at Cabrini, I had one of the greatest jobs in the world. In a world where my smartphone is often smarter than I, it’s nice to take time to relax and go on retreat. To be part of the team that greets and takes care of our wonderful guests was such a treat! As I wander Cabrini I never come across a frowning face. All of my coworkers are supportive, and all of our guests are appreciative. I think it’s safe to say, whether you’re on retreat or on the job, here at Cabrini you’re in a good place.

KAIROS TILES

The art above was created by teens on Kairos Retreats. Each teen is invited to design a special tile to be displayed in a Center bedroom.

Thoughtful and inspiring, these creations give witness to the power of grace at work in those opening themselves to a retreat experience.

BECOME A RETREAT ANGEL

The Archdiocese of Chicago’s Pastoral Plan recognized a retreat as the single most influential experience in a teen’s faith life.

Retreat Angels make all the difference in the lives of many Kairos participants. Without the help of a Retreat Angel, those with limited resources could not attend a retreat with their high school or parish friends.

Your Retreat Angel gift of $275 provides a full 4 day Kairos experience to a young person in financial need. Become a Retreat Angel today. All donations to Cabrini Retreat Center are tax deductible to the full extent of the law.

Add your email to our mailing list:
- Enjoy the Cabrini e-newsletter
- Receive invitations to special events
- Sign-up for a 3 minute on-line retreat
- Join us at: www.cabrinicenter.org
Meet Sr. Grace Waters, MSC

Sr. Grace is the Mission Integration Director for Cabrini Retreat Center. She coordinates the Sisters’ Prayer Partner program which links each retreat group with a MSC Sister who prays for them during their time at the Center.

Trained as a Spiritual Director, Sister works with women entering religious life and with Cabrini Mission Corps.

Sr. Grace will celebrate 60 years of religious life in 2014. She has served in missions across the United States, Canada, Australia and Africa.

Sr. Grace Reflects

On the Cabrini Retreat Center Mission:

Mother Cabrini was devoted to her own spiritual life and that of her Sisters. The Retreat Center continues that tradition. It is a place where people listen and journey with others who desire a closer relationship with God, this deepens my own spirituality.

People might be surprised to know:

I am still in love with God and have never regretted becoming a Missionary Sister. The mystery of my vocation is overwhelming at times, especially to follow Mother Cabrini’s charism.

Mother Cabrini and her Sisters have served in Chicago since 1899 when they arrived to teach at Assumption School.

The Mission of Cabrini Retreat Center

The mission of Cabrini Retreat Center is to welcome all groups of faith for retreats, meetings and times of personal prayer. In the tradition of Saint Frances Xavier Cabrini, our foundress, we hold a special place in our hearts for immigrants, women and youth.

Through times of gathering, reflection and prayer guests deepen their relationship with God and become more aware of their unique call and responsibility to move out in service. By providing a safe place of open-hearted welcome, both guest and host discover God’s presence.

The Cabrini Legacy of Faith

“If it is possible it can be done, if it is impossible it must be done.” St. Frances Xavier Cabrini

We can continue to make the impossible possible with your help.

Since 1958, more than 250,000 guests have been served at Cabrini Retreat Center.

The Sisters and the staff are dedicated to this vital spiritual ministry. The need for places of reflection and renewal increases as other Centers close their doors under the burden of increased costs and diminished resources.

In the face of increasing economic challenge, the doors of Cabrini Retreat Center remain open. Retreats for youth and adults with limited resources (homeless, veterans, immigrants) are subsidized.

What the Sisters could once do alone now requires the support of many who share our belief that a life of faith is a life of generosity and service. Will you help us continue to make the impossible possible?

Remember Cabrini Retreat Center in Your Estate Plans

Bequests and other planned gifts by our friends are an important source of financial support for Cabrini Retreat Center. They contribute to its future financial strength and share in its mission to welcome all groups of faith for retreats, meetings and times of personal prayer in the tradition of Saint Frances Xavier Cabrini.

Bequests to the Retreat Center can include cash, securities, or a percentage of the residue of one’s estate. Remembering the Retreat Center in your will, regardless of the amount of the bequest, is a testament to your endorsement of the mission the Center has played for more than 50-years in the spiritual life and guidance of its retreatants.

If you choose to include Cabrini Retreat Center in your will or trust, please consider this suggested wording: I, __________________________ (name), hereby bequeath to Cabrini Retreat Center the sum of $________ (or, ___ percent of my estate), (or, ___ percent of the remainder of my estate). Tax ID No.: 36-4455-681.

For more information on bequests and other giving opportunities to the Center contact Marianne Breen, Director of Development at 847-297-6531 or marianneb@cabrinicenter.org. As with all estate planning, consult your financial advisor and tax attorney for guidance.

Welcome!

Recent new guests at the Center

• Alliance Fellowship Church
• Evanston Friends Meeting
• Federation of Diocesan Liturgical Commissions
• Ignatian Spirituality Project / Women
• Mayslake Ministry Veteran’s Retreat
• Russian Orthodox Church
• St. Francis de Sales Kairos
• Shell Catholic Center at NWU Kairos
• St. Thomas Syro-Malabar
• Diocese of Chicago
• UMC Asian and Pacific Island Women Clergy
• UMC Youth Choir, Nashville, TN
• Wheaton Warrenville Show Choir

Visit The Spiritual Ministries

Chicago, Illinois - National Shrine of St. Frances Xavier Cabrini - www.cabrinishrinechicago.com

Des Plaines, Illinois - Cabrini Retreat Center www.cabrinicenter.org

Golden, Colorado - Mother Cabrini Shrine www.mothercabrinishrine.org

New York, New York - St. Frances Cabrini Shrine Email: st.francescabrinishrine@verizon.net

Our Guests Share their Cabrini Experience

“Cabrini Retreat Center is an excellent and outstanding retreat house. Not only is the staff great but this food is out of this world, prepared with love and great taste.”

Father Richard E. Bulwith
Adult Retreat Chaplin

“Maria High School is indebted to Cabrini for their stupendous service and staff and the overall consistent, kind, caring attitudes of all at Cabrini. We are grateful for the Open Wide the Gates Subsidy which has made our Kairos Retreats possible.”

Mrs. Judy Bumble
Maria High School Campus Minister

“Dear Retreat Angel,

“This retreat will remain with me for the rest of my life. Please keep this place open for my future children to experience Kairos just like I did this week.”

Kairos Retreatant