

Program Calendar

Themes & Speakers for Year One

-  September 9 – 11, 2011
**Contemplative Spirituality:
Joining the Stream**
(Deb Brensinger & Barry Young)
-  September 30 – October 2, 2011
**Contemplative Life & Prayer:
Through the Eyes of the Mystics**
(Sr. Marcy Springer)
-  November 4 – 6, 2011
**Inspiration: A Fresh Encounter
with God's Word**
(Rev. Dr. Terry & Deb Brensinger)
-  December 3, 2011
Advent Day Retreat
(Jo Ann Kunz, M.A. & Shawn Erb)
-  January 6 – 8, 2012
Noticing God's Nudges
(Nancy Bieber)
-  February 3 – 5, 2012
**Discernment: How Do I Know
It's You God?** (Barry Young)
-  March 2 – 4, 2012
Guided Silent Retreat
-  March 30 – April 1, 2012
**In the Image of God: Beauty
& Creativity**
(Deb Brensinger & Richard Weaver)
-  May 4 – 6, 2012
**A Contemplative Heart Engages
the World**
(Susan Classen)

*"If you are seeking after God,
You may be sure of this:
God is seeking after you more."*

— John of the Cross

Kairos retreats are held at the
Jesuit Center, 501 N. Church Road,
Wernersville, PA 19565.



KAIROS

SCHOOL OF SPIRITUAL FORMATION

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KAIROS

SCHOOL OF SPIRITUAL FORMATION

**CHRISTIAN
SPIRITUAL
FORMATION
PROGRAMS**
2011–2012

Going deeper ...

Into God's love ...

In God's time

Nine Month Programs

Classes meet eight weekends a month plus Advent Day from September – May

Year One: Drawing Near to God

Guided group experiences introduce spiritual disciplines of solitude, silence and prayer.

Year Two: Prayer & Contemplative Life

A deeper focus on prayer & the spiritual journey. Greater emphasis on prayer forms and solitude.

Year Three: Putting on the Mind of Christ

Continuing the contemplative journey seeking a deepening relationship with God, self & the world.

Kairos also offers

■ Kairos on-the-Road Opportunities

Group Spiritual Direction
Supervision of Spiritual Directors
Centering Prayer Group

■ Spiritual Guidance Training

Introduction to spiritual guidance companionship designed to train clergy in this ministry.

■ Spiritual Direction Training

Weekend option: monthly / Fri. – Sun.
Weekday option: monthly / Wed. – Fri.

■ Ignatian Retreat in Everyday Life

Spiritual directors learn how to guide directees through Spiritual Exercises of Ignatius of Loyola using Retreat in Everyday Life format.

Weekend Programs

Attend a weekend retreat to experience the Kairos rhythm of silence, prayer, reflection, input and worship

Retreats with Year One Class

Spend the weekend or Saturday only with Kairos Year One Spiritual Formation class centering on their monthly topic. A great way to explore topics of interest and learn about Kairos. Saturday-only option available.

Year Four Option for Alumni

5-weekends per year of gathering God's graces, reading a book together, discussing its applications, and spending time in silence. (Maggie Robbins, Leader)

Silent Retreats

Enter silence with other weekend retreatants. Retreats are designed to notice the movement of God. Spiritual direction is available. Saturday-only option available.

Contemplative Healing Retreats

Healing is a gift of grace extended by the Spirit of God. Participants will be guided toward physical, emotional and spiritual wholeness.

Visualizing Your Spiritual Journey Retreats

Explore your spiritual journey through scrapbooking, photography and other visual arts. No art experience needed. Enrich your prayer life and connect with God in a new way. Saturday-only option available.

Men's Retreats— *offered upon request*

Explore what it means to be male, men in relation to each other, and men in relation to God. Focus on participants' experiences and questions.

Spiritual Directors — *bring own group*

Spiritual directors may bring directees for guided silent retreats on Kairos retreat dates upon request.

Cost: \$215 per weekend (Fri. –Sun.)

Includes two nights lodging & six meals.

REGISTER TWO WEEKS PRIOR TO RETREATS.

Day Programs

Kairos day programs are held at the Wernersville Jesuit Center

Kairos Times

Saturday retreats provide time for personal reflection and prayer. Join the Kairos Year One students in their primary teaching sessions. Additional time provided for solitude & silence. See the calendar (*reverse*) for monthly themes.

Time: 9:00 a.m. – 5:00 p.m.

Dates: Oct. 1 Nov. 5 Dec. 3 Jan. 7
Feb. 4 Mar. 3 Mar 31 May 5

A Day Apart

These retreats give a time and place for rest to clergy, congregational leaders, spiritual directors and others interested in the day's theme. Come experience refreshment, silence and solitude with the guidance of guest leaders.

Time: 9:00 a.m. – 4:00 p.m.

Dates: Nov. 5 and Feb. 4

Cost: \$65 (includes lunch)

Get additional information for all programs and retreats from the Kairos office. (See reverse)

KAIROS
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Christian Education Curriculum

Provide this resource for your church. You can purchase the curriculum guide for \$30 by contacting the Kairos office or online at www.on-the-journey.org.