



# Kairos: School of Spiritual Formation

## MISSION

Kairos is a Christian ecumenical ministry with Anabaptist roots that provides programs of spiritual formation and spiritual direction training, inviting people to an inner life of deepening prayer and ongoing journey of contemplative living in the world.

## VISION

Kairos envisions people transformed by God's love into the mind and heart of Christ for their sake and for the sake of the world.

## VALUES

- To create space for God in a busy world
- To explore the riches of prayer and the contemplative life within a community of kindred spirits
- To grow in Christian spiritual practices
- To help others listen to God's call, releasing their gifts into the body of Christ and the world
- To walk the path of peace and justice with Christ

Going deeper...  
into God's love...  
in God's time...

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