

# Frequently Asked Questions About Silent Retreats

- **Where Are These Retreats Held?**

Ignatius House Retreat Center: **6700 Riverside Drive NW, Sandy Springs, GA 30328** (about 25 minutes from campus, just north of the city, on 20 lovely acres overlooking the Chattahoochee River).

- **How Long Do Retreats Last?**

They begin at 6:00pm Friday and end by noon on Sunday.

- **How Much Do Retreats Cost?**

They are **free** to GT students, courtesy of some generous GT alumni benefactors that care. Post-retreat, I will ask you to fill out a short evaluation on whether the experience was helpful to your well-being.

- **How Many People Can Come on Retreat?**

A total of 50 people per retreat. Expect a mixture of students and others (retreats are open to the public).

- **Do I Get My Own Room?**

Yes, Ignatius House at 50 private rooms, each with its own bathroom.

- **Is Transportation Provided?**

Best to carpool with other GT students coming. Contact the coordinator for information if you need a ride.

- **Are Meals Included? Are There Vegetarian and Vegan Options at Meals?**

Yes, all meals, snacks, and beverages. The food is excellent! Yes, plenty of veggie/vegan options.

- **What Topics Are Covered on a Retreat?**

Depends on the retreat. Choose one that best suits you (e.g., there are mindfulness retreats, science and spirituality retreats, and spirituality of nature retreats, and many others).

- **How Do I Find a List of Available Retreats?**

Visit: <https://ignatiushouse.org/>

- **Are Retreats Religious?**

Some are, some aren't. Your choice. Note that Ignatius House is a Jesuit (Catholic Christian) retreat center, but welcomes all faith and secular traditions and worldviews.

- **What Happens If I Sign Up and Then Don't Show Up?**

Bad things! Once you register, you lock a slot, excluding others, and the \$ sponsoring your slot are obligated. So please honor your commitment to come once you sign up, get it on your calendar, and plan for it w.r.t. school work.

- **Can I Sign Up For More Than One Retreat?**

Yes. But to accommodate other students, please make your first retreat before booking a second.

- **What Can I Expect on a Retreat?**

- The Welcoming Embrace of Silence and Deep Rest; Unplugging from Life's Distractions (a.k.a. GT).
- Themed Presentations Will Be Offered for Reflection, But Expect Lots of Free Time. And Silence.
- Healing from the Rigors of School, Recharging; Encountering Nature in All Her Glory.
- Great Food, Much Sleep, Lounging Without Guilt; Introspection, Mulling Over Life's BIG Questions.
- Discernment; Always the Invitation to Deepen Your Spirituality.
- Optional fully-trained "Spiritual Directors" are available for private conversation should that be helpful.

**Net Result: Improved Well-being To Help You Endure the Rigors of GT and Life!**

- **If Helpful to Talk to Another GT UG Who Has Made a Silent Retreat, Send an Email:**

- Maeve Janecka [mjanecka3@gatech.edu](mailto:mjanecka3@gatech.edu)      Helya Taghian [helya@gatech.edu](mailto:helya@gatech.edu)
- Chris Kontomaris [ckontomaris@gatech.edu](mailto:ckontomaris@gatech.edu)

- **How Do I Sign Up?**

E-mail Professor John D. Cressler, the program coordinator ([cressler@ece.gatech.edu](mailto:cressler@ece.gatech.edu))