

Knights Of Columbus Annual Silent Reflective Retreat FAQ

1. **What is Ignatius House?** Ignatius House is primarily a spirituality center for spiritual direction and group retreats – the group retreat consists of talks followed by silent reflection, meditation and prayer. The retreat is for Knights seeking to “retreat” from the noise of their busy daily world in order to evaluate and improve their relationship with God and to live our God’s presence in our lives.
2. **Where is Ignatius House?** It is located on 20 beautiful, heavily wooded acres off of Riverside Drive, Northwest Atlanta overlooking the Chattahoochee River. There are pleasant walking trails through the woods and along the banks of the river. A three-tiered deck with comfortable chairs on a high bluff looks down upon the river; gazebos, benches, a waterfall, a tower with a patio and religious icons, and beautiful trees, flowers and shrubbery grace the property.
3. **What are the accommodations of Ignatius House?** The building consists of 48 private rooms with individual bath and toilet facilities. Bed linens, towels and soap are provided; Knights are asked to bring their own toiletries and personal articles. Each room has a Bible, and further information about the center. There is a chapel, a large dining room and a conference hall. Coffee, tea, ice water, colas and snacks are always available. Dress is casual because the atmosphere is one of quiet, peaceful relaxation where you will hear no telephones, television, radios or human voices – unnecessary noises that would distract you during the retreat.
4. **Why is solitude and silence a necessary part of a retreat?** To be open to God’s message and hear his “voice” during the retreat, one needs to experience solitude (even though part of a large group) along with external and interior silence (ridding oneself of distractions, fears, anxieties, etc.). Nevertheless, Knights do have the opportunity to meet with the retreat director or Jesuit priests on the staff for private consultation, discussion or confession. Silence is one of the main factors of the retreat that individuals are most appreciative of, in spite of any anxieties they might have had about their ability to be silent for that length of time.
5. **I might not consider myself to be a very spiritual person. Will I be uncomfortable if I feel that others in the group might be further ahead of me in their spiritual growth?** One of the advantages of a silent retreat is that the retreatants are not asked to openly express themselves during the course of the retreat. There is no pressure put on anyone to disclose where one might be in one’s spiritual growth or to compare oneself to others attending the retreat.
6. **What does the retreat consist of?** There is a social beginning at 6:30pm Friday followed by dinner at 7pm. The Silent Retreat starts at 8 pm and ends at noon Sunday. It consists of 7 talks that are based on the Spiritual Exercises of St. Ignatius Loyola. These sessions usually last around 30 minutes; they focus on one’s relationship with God and God’s image, particularly as seen in the person of Jesus as his life and teachings in the scriptures are briefly reviewed. Knights then have the opportunity to reflect on what they have heard while sitting comfortably in their room, outside, or just roaming the grounds and being open to hearing God talk to them. The benefits of these talks are unique for each individual and are often intangible. However, retreatants often report that something dramatic and important had happened to their spiritual lives as a result of the retreat. At the Knight retreat we have the optional opportunity to say the Rosary in Chapel before the talks. On Saturday afternoon all Knights participate in the Stations of the Cross in the woods.
7. **Does it cost much to attend a retreat?** There is no required fee for a retreat. Money should never separate us from our Lord. Ignatius House operates on donations alone; participants give what they can. Nevertheless, they are asked to consider \$150 which only partially covers the cost of operating expenses of \$300 per person per retreat. The average donation has been \$200 We ask that those who can give more please do so in order to help cover the total cost of the retreat.
8. **Why does the KOC offer an annual Retreat for its Knights** Retreats are an opportunity to renew ourselves PHYSICALLY, MENTALLY AND SPIRITUALLY and helps one to think through their personal value systems and attempt to keep those values in perspective and balance. We sincerely hope that you will take advantage of these spiritual vacations with the Lord.

VIVAT JESUS!