

FOR IMMEDIATE RELEASE

Retreat Center Ignatius House Named In Atlanta Magazine's "Best of Atlanta"
Jesuit Retreat Center Picked as "Best Way to Turn it All Off"

ATLANTA, Dec. 8, 2008 – The silent weekend retreats offered by [Ignatius House \(www.ignatiushouse.org\)](http://www.ignatiushouse.org) were picked as the "Best Way to Turn It All Off" in *Atlanta* magazine's annual "Best of Atlanta" issue. Situated on the banks of the Chattahoochee River, Ignatius House provides individual and group retreats in an environment that encourages personal and spiritual reflection.

"Ignatius House offers a chance to disconnect from 'our daily digital,' to reconnect with the spiritual and 'listen' to God's active presence in our lives," said Bob Fitzgerald, executive director at Ignatius House. "In our increasingly busy world, with endless distractions and constant noise, there is something profound about making a retreat to seek out rest and renewal in the quiet."

During the year, more than 40 themed [weekend retreats](#) are offered to men and women of all faith backgrounds. The retreats are based on the *Spiritual Exercises of St. Ignatius*, a set of meditations and prayers exercises that were developed by St. Ignatius of Loyola in the sixteenth century. Weekend retreats begin with dinner on either a Thursday or Friday evening and conclude on Sunday afternoon. In addition to weekend retreats, Ignatius House offers ongoing spiritual direction, a Morning of Reflection the first Saturday of every month and individually directed five- and eight-day retreats each July. The grounds at the retreat center feature 20 acres with walking trails, decks overlooking the river, benches and decks along the water, and indoor and outdoor chapels. All retreatants are provided meals and a private bedroom and bath. Detailed information, including how to make reservations, is available at www.ignatiushouse.org.

"We are honored to be recognized by *Atlanta* magazine as part of the best that this city offers," said Fitzgerald. "We hope that more people will be encouraged to experience the powerful impact that a silent retreat can have on their well-being."

Atlanta magazine's annual "Best Of" issue, first published in 1989, highlights the editor's picks for top entertainment, restaurants, attractions, wellness and more. The highly anticipated issue is the oldest and most trusted in the city.

About the Jesuit Retreat Center at Ignatius House

Ignatius House (www.ignatiushouse.org) is the place to unleash yourself from the digital world and experience the spiritual one. Open to men and women of all faiths and backgrounds, Ignatius House offers silent, guided retreats. It is owned and operated by the Jesuit Fathers and Brothers of the New Orleans Province of the Society of Jesus and is the only Jesuit center located in Georgia. The retreat center is named after Saint Ignatius of Loyola, a sixteenth-century nobleman and the founder of the Jesuit Order. The Spiritual Exercises that are practiced are based on the notes that St. Ignatius himself made as he underwent his own spiritual conversion at Manresa, Spain. Ignatius House is located at 2600 Riverside Drive on the Chattahoochee River in Sandy Springs, Georgia, a northwest suburb of Atlanta.