



SEEKING SPIRITUAL
DEEPENING IN ALL OF LIFE



SHALEM
INSTITUTE FOR SPIRITUAL FORMATION



ABOUT SHALEM

Shalem (pronounced “sha-LAME”) is from the Hebrew word meaning whole: to be complete.

Scripture tells us to worship God with a lev shalem, a whole heart.

Since 1973, the Shalem Institute for Spiritual Formation has fostered contemplative living and leadership by offering programs and resources that open the mind and awaken the heart to the living Spirit. We welcome those who seek spiritual deepening in all of life, wherever they are on the path of spiritual discovery.

Our programs and resources draw particularly on the Christian contemplative tradition that encourages an awareness of God’s immediate presence, humility in understanding God’s ways, and a deep-seated trust in God at work in our lives and the lives of others. Throughout our history, we

also have been greatly enriched by the contemplative wisdom of other religious traditions.

Shalem is one of the most respected centers for spiritual deepening in the US and globally. We are privileged to have on staff and in our programs many of the world’s foremost spiritual speakers and writers. Nationally and internationally, our participants come from different denominations, faith traditions, and walks of life. They come for a place to listen prayerfully for the movement of the Spirit; the support of others at a deep, soul level; and encouragement for engagement with the larger world. They come and are renewed and refreshed.

Living a contemplative life is essential in today’s challenging world. It is a way to live truly grounded, anchored in prayer and responsive to God. If you, too, are yearning for deepening and support for the journey, we hope you will join us.

CONTEMPLATIVE LIVING

Shalem offers a variety of programs to encourage attentive, discerning and responsive living. These include our Online School of Contemplative Prayer, workshops and retreats (both in-person and online), group spiritual direction, the Gerald May Seminar (an evening lecture and all-day workshop with a well-known spiritual leader) and pilgrimages to sacred sites and shrines in the United States and other countries.

Our programs are experiential, include a rich variety of practices, teachings and leadership styles, and are intentionally designed to create a sense of sacred space that fosters spiritual community and spiritual growth.

Actual programs vary from year to year, and current program offerings and details can be found on Shalem's website, shalem.org.



CONTEMPLATIVE LEADERSHIP

Contemplative leadership is dependent on a deep desire for spaciousness, flexibility, and openness to the True Leader, the Spirit, flowing in and among us.

Shalem's longer programs provide support for those called to offer the fruits of their spiritual deepening for the sake of others. Participants do much of the program work and activities in their own communities, coming together for residencies at least twice during each program. Each of these programs attracts an ecumenical mix of participants.

NURTURING THE CALL— THE SPIRITUAL GUIDANCE PROGRAM

Since 1978, this program has offered both academic resources and experiential support for the ministry of spiritual direction. At its heart is the conviction

that spiritual companionship is a form of prayer and that contemplative listening comes not so much from a set of skills as from being grounded in one's relationship with God. A Spiritual Guidance MDiv is available from Lancaster Theological Seminary.

TRANSFORMING COMMUNITY—THE LEADING CONTEMPLATIVE PRAYER GROUPS & RETREATS PROGRAM

Begun in 1987, this program is designed to equip, encourage and support leaders of short- and long-term contemplative groups and retreats, with the focus on attentiveness to God and God's leadership. It offers the opportunity of transformative spiritual community and deep contemplative practices as well as concrete training and preparation for contemplative leadership.

See Shalem's website for specific timelines and listings for all our contemplative leadership programs, including some online opportunities.

GOING DEEPER — THE CLERGY SPIRITUAL LIFE AND LEADERSHIP PROGRAM

This program, started in 2000, provides a dedicated time for clergy to nurture their own souls and to deepen their contemplative orientation as congregational leaders. It encourages openness to God's grace in the changing situations of life and, where called for, freedom to embrace both personal and collective risk-taking.

YALLI — YOUNG ADULT LIFE AND LEADERSHIP INITIATIVE

Since 2011, Shalem has offered support for young adults (approximately ages 25-40) who seek a deeper spiritual foundation for their lives and work and who welcome the support of a like-minded community. This program provides concrete help in living authentically with compassion, strength and vision.

SOUL OF LEADERSHIP — ENGLAND AND US PROGRAMS

Designed for leaders from various sectors (businesses, non-profits, churches, etc.), this program was begun in 2012. It recognizes that leaders today face particularly difficult challenges and helps integrate spiritual heart practices with leadership realities. Participants engage in a variety of contemplative practices while learning strategies to address some of their most pressing leadership challenges.



ONGOING OPPORTUNITIES

Creative, contemplative leadership may take the form of a question or pause, a new idea or different direction, or it may be simply offering a different way of being together to listen.

As a complement to our in-depth programs, Shalem has formed the Society for Contemplative Leadership to offer ongoing support to graduates of our long-term programs. The Shalem Society is dedicated to sustaining the fruits of life in God and spiritual community that have taken root in Shalem's program experience. It is built around three major components: an annual gathering, sharing of resources and spiritual insights, and a commitment to a shared spiritual discipline. Also for our graduates, we are beginning to explore more regional opportunities, encouraging program offerings and leadership in different areas of the US and Europe.

PARTNERSHIPS

Over the years, Shalem has been blessed by a number of partnerships with like-minded organizations, such as Shalem Korea, Lancaster Theological Seminary, Virginia Theological Seminary, Metropolitan Memorial United Methodist Church, Woodbrooke Quaker Study Centre, St Mary's Retreat Center at Sewanee Theological Seminary, Contemplative Outreach and the Center for Action and Contemplation. Our work with these Spirit-led colleagues enables our ministry to expand to new locations and communities around the world, spreading far beyond what we would be able to do on our own and enriching our understanding of the contemplative way. We continue to listen deeply for partnerships that God may invite with like-hearted organizations.



RESOURCES

Implicit in contemplative living is a deep and radical trust in God's presence and mercy.

WEBSITE

Our website, **shalem.org**, is the place to find more details about Shalem, Shalem's programs and our graduates' programs, and to register for Shalem events. It also houses articles and videos by Shalem authors and program participants, all of which provide support for contemplative living and leadership.

SHALEM E-NEWS

Shalem's e-newsletter is published monthly and includes contemplative reflections as well as program information. Sign up on Shalem's website, **shalem.org**.

SHALEM SOCIAL MEDIA

Shalem has a Facebook page where we share prayer requests, inspiring quotes, photos and current Shalem news; keeps a regular contemplative blog; has a presence on Twitter, LinkedIn and Instagram; and publishes a weekly inspirational quote, Monday Moment. Find out more about any of these on Shalem's home page.

SHALEM STAFF

Shalem has more than 30 full- and part-time program staff and adjunct faculty, composed of both clergy and lay people from different denominations and faith traditions, plus development, administrative and program support staff. All our staff continue to learn much from one another through regular meetings, educational efforts and prayer together.

PRAYER

Prayer is the supporting lifeblood for Shalem. Through it, we have been guided, nurtured and inspired for over 40 years. Our administrative, programmatic and fundraising efforts, as well as the work of our board and committees, are grounded in prayer, and we consistently pray for our participants, for individuals who request our prayers, for various situations and places, and for Earth itself. We also humbly ask others to pray for Shalem, our staff and participants, and our mission in the world.



SUPPORTING SHALEM

Shalem is a 501(c)(3) non-profit organization, and we depend on charitable contributions to sustain our ministry. Individual gifts comprise about one-third of our needed income, and each gift, no matter the size, is vital to us. With your help, Shalem will continue to provide essential resources for contemplative living and leadership.

SHALEM'S MISSION

Our mission is to nurture, contemplative living and leadership—a way of being in the world that is prayerfully attentive and responsive to God's presence and guidance.

SHALEM'S VISION

Grounded in our understanding of God's desire for peace, wholeness and well-being, we envision a world transformed by contemplative living and leadership in which all people honor one another and creation, recognize their unity and interconnectedness, and courageously seek to live out of this reality.

SHALEM'S CORE VALUES

- Awareness that God is intimately present within and among us
- Reverence for the mystery of God's presence
- Desire for spiritual discernment in all things
- Radical willingness to trust God
- Respect for the unique spiritual path of each individual
- Recognition that contemplative living and leadership require spiritual support
- Commitment to action in the world arising from a contemplative orientation toward life

FOR MORE INFORMATION OR PROGRAM DETAILS

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