

**Application and Registration for DC Personal Spiritual Deepening Program (PSDP):** To apply, fill out online application for DC PSDP at [Shalem.org](http://Shalem.org) and pay \$45 application fee through Shalem webstore or mail the following application information and check directly to:  
Shalem Institute for Spiritual Formation  
3025 4<sup>th</sup> St. NE  
Washington, DC 20017

Application information:

- Name, Address, Best phone number, Best e-mail
- Religious affiliation (if applicable)
- Sponsoring organization (if any)
- Current Occupation
- Date of Birth
- Highest Academic Degree/Major subject
- Outline educational background after HS, if appropriate.
- Outline primary vocational history.
- Describe health concerns that may affect your ability to participate in program.
- How did you hear about this program?
- Please indicate any Shalem staff member or graduate you know fairly well.
- Include a short paragraph describing your important aspects of your spiritual journey and why this course interests you.
- What kinds of learning and support do you hope for in this program?
- Describe any spiritual practices or activities already in place to support your spiritual journey.

Tuition info:

\$650 early bird rate, if tuition payment received by February 7, 2017

\$695 regular rate, if tuition payment received by March 6, 2017

Class size is limited. Apply early. After your application is reviewed, you will receive a decision and can register by paying tuition. E-mail [Katy@Shalem.org](mailto:Katy@Shalem.org) with any questions.

**ABOUT SHALEM:** The Shalem Institute provides in-depth support for contemplative living and leadership—a way of being in the world that is prayerfully attentive and responsive to God’s presence and guidance.

For over 40 years, we have offered a wide variety of programs and resources for individuals who want to open themselves more fully to God in their daily lives and work.

Shalem programs are uniquely experiential in approach and are grounded in our understanding of classic contemplative wisdom. All offer a rich variety of practices, teachings and leadership styles. Program leaders and program design seek to create a sense of sacred space that fosters authentic spiritual community and spiritual growth.

At Shalem, we honor each individual spiritual path and welcome anyone who would seek to learn from the contemplative way.

Shalem Institute for Spiritual Formation:  
[shalem.org](http://shalem.org)



## PERSONAL SPIRITUAL DEEPENING PROGRAM: Living in God



*God is not very far from any one of us,  
for it is in God that we live and move  
and have our very being.*

Acts 17:27

The Personal Spiritual Deepening Program (PSDP) is a resource for those wishing to integrate a contemplative orientation—a stance that encourages moment-by-moment awareness and openness to God’s grace—in all the changing circumstances of daily life.

Begun in 1992, PSDP is offered by Shalem in communities around the world.

This program supports not only personal spiritual deepening, but also growing compassion for others and encourages participants to connect what is happening in them with where they sense they are called to act in the world.

## Who might be interested in this program?

This program is for anyone, anywhere, who feels drawn to contemplative spirituality and who:

- desires a deepened relationship with God and to live out of that relationship;
- wishes to develop or deepen a consistent spiritual practice;
- wants the regular guidance of a spiritual companion for daily contemplative living;
- seeks authentic spiritual community and support;
- is eager to learn within a broad ecumenical Christian framework, enhanced by the wisdom of other traditions; and
- longs to be a transforming presence in the world.

## Program Components:

The Personal Spiritual Deepening Program: *Living in God* is comprised of experiential learning, supported at-home spiritual practices, assigned readings, spiritual community, ongoing reflection groups called Listening Circles, personal spiritual direction, and retreat experience.

Topics include Listening and Transformation, Spiritual Community, Discernment, Earth Awareness and Sacred Activism. We expect participants, through prayer and dialogue with their spiritual directors and program leaders, to integrate these components in a way that will best serve their spiritual deepening.

## Dates and Location for the DC PSDP:

The Shalem Library  
3025 Fourth Street, NE  
Washington, DC, 20017

All sessions are the second Saturday of the month:  
March 11, 2017, 9-4, Opening Day Retreat  
April 8, 2017, 9-12  
May 13, 2017, 9-12  
June 10, 2017, 9-12  
September 9, 2017, 9-12  
October 14, 2017, 9-12  
November 11, 2017, 9-4, Closing Day Retreat

Questions: e-mail [Katy@shalem.org](mailto:Katy@shalem.org)

## Your Program Leaders:

Margot Eyring, BFA, Ph.D., Associate Faculty at the Shalem Institute, hosted her first retreat on her family farm over 35 years ago. Since then, she has delighted in creating spaces for lives to deepen and be transformed. As a spiritual director and well-being coach, she helps her clients get to where they need to be by focusing on their lives and God's presence; paying attention to what is important. For Margot, hospitality is a vehicle for promoting justice and shalom. She spends her weekday mornings cooking breakfast for neighbors desiring community, some of whom live on the streets of her neighborhood.

Elizabeth Tuckermanty, Ph.D. Associate Faculty at the Shalem Institute, has been connected to contemplative work for over 30 years. She has led retreats focusing on food, labyrinth walking, centering and meditation. Liz is a nutritionist, gardener and an avid foodie. She is eager to help seekers find that wisdom within themselves through contemplative practices.

## What do PSDP participants say?

*Thank you for creating a safe and loving space for all of us to share authentically and honestly. I can truly say I am living less from a place of judgment. Susan C.*

*This program had a profound influence in getting me to accept my own wholeness and holiness. Chepi D.*

*Returned me to some basic practices. Reawakened my desire for quiet and attention to my inner life. Larry B.*

*It was a wonderful series of sessions and readings that came at a difficult time in my life when it was especially needed. The community is best of all—many people finding deep wellsprings in our ordinary lives and in the words of wisdom across the ages. Kathy T.*

*The PSDP helped me continue to be curious about the mystery of my spiritual journey. Janet F.*

*This has expanded my sense of spiritual community...the closing retreat was moving and wonderful. Maury M.*

*I always walked away with something new and memorable. Reina B.*

## What does Shalem mean?

Pronounced Sha-LAME, Shalem is a Hebrew word related to Shalom, the familiar greeting of peace. **Shalem speaks of wholeness: to be complete.**