

YALLI:

Young Adult Life and Leadership Initiative



SHALEM
INSTITUTE FOR SPIRITUAL FORMATION

SUPPLEMENTARY INFORMATION & APPLICATION CLASS OF 2021

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YALLI: YOUNG ADULT LIFE AND LEADERSHIP INITIATIVE

Class of 2021

SUPPLEMENTARY INFORMATION

"It was so helpful to go deeper, to be quiet, to be able to hear what I'm being called to do...and to share this experience with others."

—A Participant

PROGRAM OVERVIEW & BACKGROUND

A program to nurture the spiritual life and strengthen the contemplative foundation of leadership for young adults

YALLI: Young Adult Life and Leadership Initiative is 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 is grounded in the Christian contemplative tradition and draws on the wisdom of many religious traditions to offer support for everyday living. In the midst of the challenges of the 21st century, this program provides concrete help in the struggle to live authentically with compassion, strength and vision.



GENERAL PROGRAM INFORMATION

Program Timeline

Application Deadline:	January 30, 2020
At-Home Reading:	January 2020 (<i>recommended reading list will be provided</i>)
First Gathering:	April 30-May 2, 2020* (See details below.)
First Residency:	March 18-21, 2021* Bellfry Retreat Home near Lexington, VA
Final Gathering:	November 12-14, 2021* Bellfry Retreat Home near Lexington, VA
At-Home Completion	September 30, 2021 Final integration paper due

*“The
residency
allowed me to
slow down
and feel God
in my heart.”*

—A Participant

Who Should Apply?

YALLI: Young Adult Life and Leadership Initiative is designed for those who are:

- Approximately between the ages of 25-40;
- Desiring to deepen the spiritual foundation of their personal and professional life;
- Seeking a mutually supportive spiritual community with other young adults;
- Drawn to exploring the contemplative tradition, including prayer and meditation practices;
- Willing to learn within a broad ecumenical Christian framework that also welcomes the wisdom and practice of other faith traditions; and
- At a point in life that is not full of overwhelming crisis, emotionally or vocationally.

Staff:

(Additional staff persons may be chosen, depending on the needs of the program.)

Anne Grizzle, Co-Director of the Program, is a spiritual director, family therapist, and ordained Episcopal priest. Anne serves as faculty for Shalem’s group spiritual direction program, chaplain at Boys Home of Virginia, chair of Leighton Ford Ministries mentoring, and co-chair of World Vision’s campaign toward ending extreme poverty. Anne has authored three books and numerous articles. She experiences closeness to God wandering in the woods and listening for poetry in the early morning.

Dawn Peck, Co-Director of the Program, is a graduate of *Transforming Community*: Leading Contemplative Prayer Groups & Retreats Program, a retreat leader, spiritual guide, and Developmental Pediatrician. She serves on the Board of Ordained Ministry of the United Methodist Church and is passionate about the intersection of theology and deep spirituality, interfaith dialogue, and helping parents learn to parent from their spiritual heart.

Margaret Benefiel, Shalem’s Executive Director, holds a PhD in Spirituality from Catholic University and an M.A. in Theology from Earlham School of Religion. She is a graduate of Shalem’s *Nurturing the Call*: Spiritual Guidance Program and the author of numerous articles and books on contemplative leadership.

Brenda Bertrand has worked in media, government, coaching, consulting and university

chaplains. She recently spent a year as a university lecturer in the People's Republic of China and currently serves as a seminary chaplain. An ordained minister, spiritual companion and public speaker, Brenda inspires people in the simplicity of prayer and helps emerging leaders lessen the gap between their spirituality and everyday life.

Jackson Droney is a lobbyist by day, church volunteer by night, striving to be contemplative in all he does. He currently serves as vice president of Shalem's board and is a graduate of Shalem's YALLI program. He spent seven years working on Capitol Hill and has a Master's degree in Human Resources Management with a focus on organizational development.

Mentors:

A Shalem mentor will be assigned to each participant at the start of the program for monthly reflections via phone regarding spiritual life and leadership. Your mentor will be a resource for you throughout the program.

Program Fees

Application fee (non-refundable)	\$ 45

Tuition and residency fees:	
Deposit, due upon acceptance (non-refundable)	\$ 500.00
Remaining fees, payable in installments:	
Includes Room & Board for 2 residencies	<u>\$1,400.00</u>
Total price of the program (includes start-up materials, program staff and administration and residency fees)	\$1,900.00

If available, a single room request might be able to be honored. There would be an associated extra fee of \$500. Please contact Michelle at michelle@shalem.org if you are interested.

The program fees shown above cover about 75-80% of the total costs. The balance is funded by gifts from donors, and as a result, their prayers as well as their financial support accompany you in this program.

*The standard installment payment plan for the program fees:

Upon acceptance & commitment	\$ 500
4/1/20	\$ 700
3/15/21	\$ 700

Please contact the Finance Office for more information.

Tuition Assistance

Shalem does not want financial need to keep qualified applicants from attending. Several options can help: 1) A limited number of participants can sign up as a helper with meals and be in a bunk room for a \$600 reduction in overall cost. 2) Some scholarships are available. If you wish to be considered, please submit a Tuition Assistance Form at the time of your application. 3) We also encourage applicants to look for sources of funding from their churches or religious affiliations.

PROGRAM COMPONENTS

First Residency: April 30-May 2, 2020

To reflect the CDC recommendations for social distancing and sheltering at home, we will hold the opening retreat via a Zoom conference at 6-9 pm, Thursday, April 30; 9 am-5 pm, Friday, May 1; and 10 am-4 pm Saturday, May 2, 2020. Our time Saturday will be a silent day, which we will open and close together. During our Zoom times, we will offer teachings, time on your own for reflection/practice in whatever setting you find yourself (silence or household chaos), and the opportunity to share with each other what comes forth out of that time. We also will form our small groups for deep listening. Each group will be facilitated by one of our staff during our online opening residency, and these peer groups will continue to meet in person or via Zoom throughout the duration of the program. We also will provide a mentor for each participant (for a monthly phone or computer conversation).

Program Residential Retreats

The first residential retreat is now being planned for March 18-21, 2021 at The Bellfry Retreat Home near Lexington, VA. We are changing our final one-day gathering (that was to be Saturday, Nov. 13, 2021 at the Shalem office) to November 12-14, 2021, at the Bellfry.

All rooms are singles; linens are provided. These retreats are formative in building spiritual community and deepening spiritual practices. They also will include seminars on discernment, contemplative leadership and a silent retreat.

At-Home Program Components

The at-home components of *YALLI* include:

- A personal spiritual practice, including a daily discipline of prayer/meditation/ presence for God;
- At least one personal 24-hour, silent retreat per year as the start of a lifelong habit;
- Participation in Shalem's online education programs;
- Monthly reflections about your spiritual life and leadership with your staff mentor, who will be a resource for you throughout the program;
- Peer reflection sessions with other participants that meet in person or by Zoom conferencing every four to six weeks for mutual support, accountability and encouragement; *Shalem will provide guidelines for reflection, and the first session will be guided by the staff mentor; other sessions are scheduled by participants.*
- Selected required readings, plus many optional readings, on spiritual life, leadership, environmental concerns and peace-making initiatives; a bibliography will be provided;
- Brief reflection papers on the readings;
- An opportunity to design and carry out an independent project, supervised by your Shalem mentor; and
- A final reflection paper based on your experience in the program.

A Certificate of Completion is awarded at the end of the program to all participants who have met the program requirements.

“The program created a safe and easy space to listen and respond to God and deepen my relationship with God.”

—A Participant

