

## 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;
- 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 enrichment activities and spiritual practices, assigned readings, spiritual community, and an opening retreat weekend.

All of the following are important aspects of the program. 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.

Topics include Listening and Transformation, Spiritual Community, Discernment, Earth Awareness and Sacred Activism.

### Dates and Location

Opening Retreat: 6pm Sept. 29- 10:30am Oct. 1, 2011  
Evening Sessions 6-9pm on 5 of the following 6 dates:  
10/27, 12/8/11; 1/5, 2/6, 3/12, and 4/16/12  
Closing Retreat Day Saturday, June 2, 2012.  
The Bellfry Retreat Home, Lexington, VA.

### Staff

Anne Grizzle and Dawn Peck. Anne is a spiritual director, family therapist, retreat leader, and author of three books; interested in creating community in Christ. Dawn is a spiritual director, developmental pediatrician, and retreat leader; interested in theology and interfaith dialog. Both Anne and Dawn are associate faculty of the Shalem Institute for Spiritual Formation in Washington, DC.

**Cost** \$750 (\$350 for room & board; \$400 tuition)  
Please inquire if scholarship assistance is necessary.

**Questions** Contact Dawn Peck  
(dhpeck@hotmail.com)

**To Register** See reverse side for details.



## What do local PSDP participants say?

*I think the program was great! The program helped me to become more intentional in providing time in my day for study and contemplation.* M.R., Waynesboro

*The most helpful dimension of this program was having a spiritual community to be part of, to share with, and to learn from; and having practices to take with me...extremely beneficial in helping me remember to nurture my own spirituality and need for God.* C.T., Rockbridge County

*The program (in all its components) helped keep spirituality on the front burner of my life. Most helpful was the warm, welcoming leaders who made a safe place in which to grow spiritually.* M.T., Raphine

*The most helpful dimension was being with a diverse group of seekers. It has helped convince me that I always want to be in a spiritual formation group.* S.S., Covington

*This program has heightened my listening – less problem solving – more listening.*  
P.P., Lexington

## 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.**

## Application for Personal Spiritual Deepening Program

Name:

Address:

Phone No:

Email:

***Please attach additional paper to answer the following questions:***

\*what draws you to this program at this time in your life?

\*briefly describe your spiritual practices

\*are you receiving spiritual direction at this time?

**Registration Deadline:** August 24, 2011

***Space is limited***

Deposit (non-refundable): \$100

Full Payment due by September 18, 2011.

Possible scholarship assistance towards tuition

Send your completed form along with a check for \$100 made payable to Dawn Peck.

Mail to:

Dawn Peck

331 Enfield Road

Lexington, VA 24450

### 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 30 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

[www.shalem.org](http://www.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.*

*in 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 individuals to connect what is happening in them with where they sense they are called to act in the world.