



Commemorating the 50th anniversary of the Shalem Institute, a groundbreaking resource in spiritual leadership.

Founded in 1973 by the Rev. Dr. Tilden H. Edwards, Jr., Shalem Institute for Spiritual Formation offers retreat and workshops centered around contemplative spirituality. To celebrate the 50th anniversary of the institute, *Soul Food: Nourishing Essays on Contemplative Living and Leadership* features essays written by Shalem graduates and leaders to nurture inclusion and belonging in spiritual communities.

Designed in alignment with Diversity, Equity, and Inclusion initiatives at the institute, *Soul Food* takes a contemporary approach to contemplative living and leadership. The book spotlights authors of different ethnicities,

faith backgrounds, and gender identities, while consistently centering the development of day-to-day practices designed to deepen engagement with the divine.

Notable contributors include Carl McColman, well-known Christian mystic and spiritual director, who reflects on the nature of God's pronouns and Lerita Coleman Brown who writes about how Howard Thurman embodied contemplative leadership during the civil rights movement of the 1960s.

"An illuminating addition to any spiritual library, *Soul Food* is a testament to the institute's rich history and commitment to transformative spiritual growth."

—Fr. Richard Rohr, founder of the Center for Action and Contemplation

"*Soul Food* is a courageous, liberatory anthology with essential reading for spiritual direction formation and training programs, and for the ongoing personal and professional growth of spiritual companions."

—*Presence: An International Journal of Spiritual Direction*



Soul Food: Nourishing Essays on Contemplative Living and Leadership

Edited by Westina Matthews, Margaret Benefiel, and Jackson Droney

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