



Heart Whispers: Benedictine Wisdom for Today

By Canham, Elizabeth J.

Upper Room Books, 1999. Perfect Paperback. Book Condition: New. No Jacket. New paperback print book copy of Heart Whispers: Benedictine Wisdom for Today by Elizabeth J. Canham. Nashville TN: Upper Room Books, 1999. 176 pages. 6 x 9 inches, 23 cm. Current list price 11.99. From the book cover: Heart Whispers offers accessible insights from Benedictine spirituality to help us explore the need for faithful living in today's often stress filled world. Through listening with the ear of the heart, the sixth century monk Benedict gained a fresh perspective on Christian spirituality as he lived by three simple vows: stability, obedience, and conversion. Elizabeth Canham guides readers to a daily rhythm that balances work and rest, study and play, and prayer and compassion. Readers will discover anew that life with God is a journey that grows richer and more blessed as we hear and respond to the divine grace.



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