



# Heart Whispers: Benedictine Wisdom for Today

*Elizabeth J. Canham*

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## **Heart Whispers: Benedictine Wisdom for Today** Elizabeth J. Canham

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. A Leader's Guide is also available for those who wish to study Heart Whispers in groups.

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