



Retreat Designs and Meditation Exercises: With Guidelines for Retreat Leaders and Covenant Groups (Listening Hearts)

Suzanne G. Farnham

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Step-by-step retreat designs, accompanying meditation exercises, and leader's guidelines based on the bestseller *Listening Hearts*, are presented in this unique resource. Songs, from the *Listening Hearts* Songbook, specially-planned Eucharists, Scripture readings, meaningful projects, and meditation options are arranged to result in a Spirit-filled community bonding.

Retreat Designs and Meditation Exercises can be used with other *Listening Hearts* series books: *Listening Hearts*, *Grounded in God* (Revised Edition), and the *Manual for Discussion Leaders*, all available from Morehouse Publishing.

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