



# 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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