



Listen with the Heart: Sacred Moments in Everyday Life

Sister Joan Chittister

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Known as one of the most challenging and charismatic leaders in Christianity, Joan Chittister is a Benedictine sister with an ecumenical outreach and vision. Listen with the Heart is her insightful, personal call to reach beyond the immediacy of a moment in everyday life and savor the sacred rituals that underlie it. This volume encompasses such rituals as Blessing, Fasting, Prayer, Community, Music, and Waiting - Sr. Joan makes the ordinary gleam with light and meaning. Each of the 12 chapters begins with an introduction on that topic, followed by a collection of meditations. Listen with the Heart is an inspiring invitation to stretch the soul and understand the messages of rituals that are common to monasticism and, in many ways, to us all.

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