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A scapular is depicted in stained glass at St. Brigid of Kildare Church in Dublin, Ohio.  
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by A Nun's Life Ministry

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What is a novena? What is a scapular? And how can they impact your spiritual life? In this clip from a live episode of "Ask Sister," Sister Maxine and Sister Julie talk about Catholic devotions as a way to get closer to God.

[Click here](#) to listen to the full "Ask Sister" podcast where this clip is from.

*GSR shares clips from our friends at A Nun's Life Ministry. Check out full episodes of [all their podcasts](#) (Ask Sister, In Good Faith, Random Nun Clips and more, like the archived Motherhouse Road Trips) on their website, [ANunsLife.org](#).*

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