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How do Ursuline values help people in their lives? Srs. Jean Ann Zappa and Janet Marie Peterworth talk with the students of Sacred Heart Academy about how values affect all of a person's life.

[Click here](#) to listen to the full "Ask Sister" podcast from the Motherhouse Road Trip to Louisville, Kentucky.

GSR shares clips from our friends at A Nun's Life Ministry, which has a live prayer podcast on Monday (excluding holidays) at 4 p.m. Central Time. Check out full episodes of all their podcasts (Ask Sister, Motherhouse Road Trip, and In Good Faith) on their [website](#).

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