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by A Nun's Life Ministry

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December 9, 2022

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Leslie from Canada feels a lot of unhappiness in life; Leslie poses this question: "Do I need religion to find my way?" Sister Maxine and Sister Shannon build on that, asking, "Should we expect religion to make us happy? Or at least less unhappy?"

[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](http://ANunsLife.org).*