Blog
Spirituality



The vice of gluttony is represented in a 1560s print after Pieter Bruegel the Elder. (Wikimedia Commons/Metropolitan Museum of art)

by A Nun's Life Ministry

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A listener is puzzled why gluttony is included among "the seven deadly sins." What is it, what does it mean, and why is it a sin? Immaculate Heart of Mary Sr. Maxine Kollasch and Franciscan Sr. Shannon Schrein discuss that good question for Lent, along with the rest of the capital sins and the seven virtues that balance them.

Click here to listen to the full "Ask Sister" podcast where this clip is from.

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