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## FORMED RECOMMENDATIONS



FEATURED IN JANUARY  
**THE DIGNITY OF LIFE**

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### **SAINT AGNES**

**Listen:** Love or Lust?

**Read:** Freedom: Battle Strategies for Conquering Temptation

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### **DAY OF PRAYER FOR LEGAL PROTECTION FOR THE UNBORN**

**Study:** Symbolon, Living the Faith: Session 10, Catholic Social Teaching\*

**Watch:** Angel in the Waters

**Listen:** There is Life in the Womb

**24**

### **SAINT FRANCIS DE SALES**

**Study:** True Reformers, Session 6: Saint Francis de Sales

**Read:** Introduction to the Devout Life

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### **FEAST OF THE CONVERSION OF SAINT PAUL**

**Study:** Footprints of God: Paul

**Watch:** Paul of Tarsus

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### **SAINT THOMAS AQUINAS**

**Study:** Symbolon: Living the Faith, Session 6: A Catholic Moral Vision\*

**Read:** Practical Theology: Spiritual Direction from Saint Thomas Aquinas

**Read:** Saint Thomas Aquinas (Children's Book)

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### **SAINT JOHN BOSCO**

**Watch:** Saint John Bosco

**Watch:** Don Bosco\*