

This Week on Formed

Week of March 09, 2025



Week One | Restore

In the Week One video for the Restore Lent series, Sr. Miriam James Heidland, SOLT, reflects on the theme of the week—the desert. She explains that Jesus is inviting you to move beyond your comfort zone and into the deepest places of your heart with him. It is Jesus who helps you root out the sin, sickness, and self-hatred in your life. Sr. Miriam assures us that we can look to him for comfort, love, and healing.



St. Frances

Join the Tierney family as they celebrate the feast of Saint Frances of Rome, patroness of homemaking! Learn about practicing the corporal works of mercy in the home, the very Catholic Lenten history of pretzels and beer, and watch Kendra and three-year-old Barbara make something they like to call “trash can soup.” Find this episode's feature recipes and more about liturgical living in the home at Catholic All Year. <https://catholicallyear.com/at-home/>.



Living Lent as a Family

Dr. Ben Akers sits down with Augustine Institute Graduate School Professor Dr. Sehorn and his wife, Sarah Sehorn, to discuss liturgical living during Lent.

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