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# **Integrating Spiritual Reflection into my actions**

Normand is Lebanese. He returned to Canada in 2015 after working in Afghanistan. In his fifties, he is a Maronite Catholic, married, with three young adult children. Presently he lives in Ottawa.

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**How did you get to know the Opus Dei?**

From a friend who introduced me to the Opus Dei.

**Why did you decide to become cooperator of Opus Dei?**

After my first introduction I felt peace inside of me and wanted to change my daily life to reflect the image of Jesus.

**Are you collaborating with any specific apostolic initiative?**

Helping others finding the Way to Sainthood.

**How are you cooperating? (prayer, work, donations ...)**

In my daily work, in prayer and daily communication with the Lord.

**What does being cooperator bring to your life?**

It brings happiness, allow me to look at things from a spiritual perspective,

it also gives patience, calmness,  
peace and joy.

## **What aspect of the spirit of Opus Dei do you find more appealing?**

The way to go about doing things with the spiritual thinking integrated in it.

## **Are you participating in the means of formation organized by the Prelature? Why?**

Each month I attend a recollection lecture held by the Prelature on a spiritual subject to find ways to improve my relationship with the Lord and to learn how to integrate in my daily life what I have heard.

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