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Why are activities for men and women separated?

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In Opus Dei there is a healthy spirit of independence and autonomy. Spiritual activities are given separately because it has been found to be more efficacious. Men's and women's psychology is different and their spiritual circumstances are often distinct. However there is collaboration for all joint projects and there are activities that are offered for men and women together

(for example conferences and workshops dealing with education of children and family).

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