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# How does one get involved in Opus Dei?

03/19/2001

To learn about Opus Dei's activities of spiritual formation in your area, please fill in the message form below, indicating where you are writing from and any other details you wish to include.

Opus Dei's activities of spiritual formation, conducted separately for women and men, are organized at times and places compatible with the

professional and family obligations  
of those attending them.

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