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# Online Recollection

## Jan 2021

The day of recollection is a time for prayer and reflection on some topics of our spiritual life.

01/11/2021

1. Spiritual Reading: Sobriety and happiness. Temperance and self-mastery. [https://opusdei.org/en/article/temperance-and-self-mastery-ii /](https://opusdei.org/en/article/temperance-and-self-mastery-ii/)

2. Meditation 1: The virtue of humility. Beginning and beginning

again in one's personal struggle.  
Optimism.

3. The Way of the Cross:[https://  
www.escrivaworks.org/book/  
the\\_way\\_of\\_the\\_cross.htm](https://www.escrivaworks.org/book/the_way_of_the_cross.htm)

4. Meditation 2: *Deus caritas est*: love  
for God and for others. Friendship.

5. [Download PDF of the Examination  
of conscience](#)

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