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# Prelate's Trip to Portugal

Bishop Javier Echevarría made a brief pastoral visit to Portugal, from March 20 to 22. With video clip of his prayer before our Lady of Fatima.

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In Lisbon, Bishop Javier Echevarría had the chance to meet with people who attend the means of formation offered by Opus Dei in various cities of Portugal. One of the questions asked was how we can keep God and our family in mind when work

becomes very absorbing. "Send a text message to your wife telling her that you love her, and thus you will increase your eagerness to be home and to hug her. Never forget that your wife needs to rest in your smile," the Prelate said.

Concern for others, strengthening friendships, caring for one's family and concern for those on the periphery of society were some of the challenges the Prelate of Opus Dei offered to those present. He also stressed Pope Francis' desire that we pray a lot for everyone around us.

The get-together in the Portuguese capital took place on World Down Syndrome Day, March 21. Pilar, a young girl with Down Syndrome, shared with everyone present her own experience in her family and the love she had received there.

Another question touched on helping young people acquire the emotional

maturity needed for a happy married life. The Prelate replied that sexuality is a marvelous reality, which is why it is so important that parents help their children acquire maturity in their affections. "It's not a question of putting up barriers, but rather of preparing young people to lead a happy life."

At the end, Bishop Javier Echevarría asked for prayers for the Church and the Pope, and thanked everyone for the hospitality shown by the Portuguese during these days.