

opusdei.org

# **One by One: Opus Dei Through Personal Stories**

No two people are the same, nor are there any identical lives. Opus Dei is every person who embodies its charism, as the Prelate often reminds us. "One by One" is a mosaic of faces from around the world, telling the stories of their lives and their encounters with the Work.

02/02/2025

Each person has a unique face, voice, background, story, and biography, which we discover when we take a moment to pause, look, and listen. It is in the contemplation of God's goodness that we "learn to glimpse the same beauty on the faces of the people who walk beside us every day — family, friends, colleagues who take care of us in the most varied ways. How many bright faces, how many smiles, how many wrinkles, how many tears and scars reveal love around us!" (Pope Francis, Angelus, 5 March 2013).

---

**Visit *One by One*, with dozens of stories of life in Opus Dei**

---

The Prelate of Opus Dei frequently reminds us that the Work is in our hands. We are all responsible for walking this path, but each person does so in their own way, at their own pace. The Regional Assemblies, held throughout 2024 in all the countries in which the Work is present as part of the preparation for the centenary, highlighted the importance of listening and acting “one by one:” they unfolded with the unique participation of each person who wanted to contribute, including people who, for different reasons, once formed part of this family but later followed other paths.

The stories in the “One by One” special showcase a variety of people who, through their work and relationships, seek to do good wherever they are. They form a varied mosaic: Heloisa is a chef in Brazil, Pedro an architect in Argentina, Pilar a psychiatrist in

Spain, Mónica a teacher in Bolivia... Each of them has their own story, full of adventures and misadventures, helping bring God's love everywhere and create a better world. Because we can only understand the whole when we listen to each person, one by one.

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ph/article/one-by-one-opus-dei-  
through-personal-stories/](https://opusdei.org/en-ph/article/one-by-one-opus-dei-through-personal-stories/) (01/21/2026)