God in a gourmet restaurant kitchen

Guillaume Lutard is a chef in a gourmet restaurant in Paris. He is also a cooperator of Opus Dei: he appreciates its spirituality, which helps him to talk to God while he prepares his exquisite dishes.

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How did you know Opus Dei?

Some time back, I started practicing my faith again, which I had neglected. Looking for help in the

Church for this “come back”, I heard about Opus Dei. I found it interesting that the value of work as a path to heaven was so much emphasized. I had already been pondering over what God thought of me when I did my work well, thus I wrote to the web page of Opus Dei.

Why Opus Dei?

Being a lay person —a chef and a family man— the spirit of Opus Dei seems a suit made to measure for me. In the Work I have found sound Christian doctrine together with simple and practical ideas of living Christianity in my work and family life.

What do you get from Opus Dei?

It gives me Christian formation that helps me understand and live my faith in the things of each day. For example, in the monthly recollections I take advantage of that

time of prayer to discover the moments in my work day in which I can be more aware of the presence of God.

What are the manifestations of that living faith?

For example, how I face the education of my children. After praying about how to help them better, I concluded that I could devote more time to them. I try to accompany them while they do their homework, even though it may mean canceling a tennis game with friends.

Through details like these, I have discovered that God is probably not waiting for me in great events, but in the daily ones. And to answer as He expects is not as easy as it may seem! To run at top speed for a 100 metres may be simple; but to endure a long marathon is not quite the same.

What do you remember of the first time you went to a centre of Opus Dei to receive Christian formation?

I remember my first recollection. I was surprised to see an oratory in a house; but it was very conducive for prayer. They talked to us about a topic of the Gospel, I do not remember which one exactly. It was very spiritual and, at the same time, very practical. I liked it.

“To sanctify ordinary life”: you mean your work, for example?

Yes, work is one of the best places for a Christian. I try to take good care of all the details, to “lay the last stone”, which at times could be difficult. And not just for the satisfaction of a job well done, but because in this way I render better service to the others. The formation I received from the Work has also helped me to evaluate the work of others with a broader vision, taking into account the

difficulties that each one has, and to avoid rash judgment based just on external appearances. On the other hand, with my bosses, I try to accept their authority with serenity, without giving too much importance to matters that could otherwise bother me.

So has your life changed?

Well, you cannot turn a donkey into a race horse overnight! But I notice that I now focus my life in terms of service: to serve with my profession, in my duties as a father, as a husband, and so on. In this way, I have discovered that I acquire a happiness that is longer lasting — deeper.

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