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A Resource for Prayer

Talks and meditations by priests of Opus Dei. Recent additions include 3 talks on “Pope Francis: His Life and Papacy and the Synod on the Family,” and meditations for the Sundays in Lent.

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Each month the St. Josemaria Institute Podcast will add new meditations (30 minutes of guided prayer), talks and readings. Recently the talks from the St. Josemaria

Institute's 2015 inaugural conference, **Pope Francis: His Life and Papacy and the Synod on the Family**, were made available. The speaker is Fr Mark Mannion, a priest of the Prelature of Opus Dei. To access these 3 talks, click [here](#).

Other recent uploads include meditations for the Sundays in Lent, given by Fr. Javier del Castillo. To access the entire collection of podcasts, click [here](#).

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