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# What is Opus Dei?

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Opus Dei is a personal prelature of the Catholic Church. Its mission is to spread the message that all Christians are called by God to make Jesus Christ known and to seek holiness in and through their daily work, family life and social relations.

To help people carry out this message, Opus Dei offers specialized pastoral care through classes, talks, spiritual direction, retreats, etc. This formation fosters the exercise of human and Christian virtues, and

stresses sharing in God's work of creation and redemption by following the example of Christ's hidden life of work. One's work should be done well for love of God and be seen as a service toward all who are touched by it.

Opus Dei's name is Latin for "Work of God."

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