

What activities does Opus Dei organise?

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Opus Dei provides training, support and guidance (“spiritual formation”) for its members, to help them carry out their mission in the world. It also offers this formation to anyone else wanting to engage their faith at a deeper level. It organises classes, conferences, days of recollection, spiritual direction, etc. aimed at making the Gospel and Church teachings better known and lived. These formation activities are offered separately for women and

men. They are planned in such a way that people can combine them with a busy work schedule and family life.

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