

What is Opus Dei?



ISMAEL MARTÍNEZ SÁNCHEZ

Opus Dei is part of the Catholic Church. The name is Latin for *Work of God*. Opus Dei's mission is to spread the Christian message that every person is called to holiness and that all honest work can be sanctified. Opus Dei offers support and guidance to help all those, whether or not they are members, who want to aim at holiness in their ordinary lives, especially through their everyday work.

Saint Josemaría Escrivá

Founder of Opus Dei (1902-1975)



Prayer

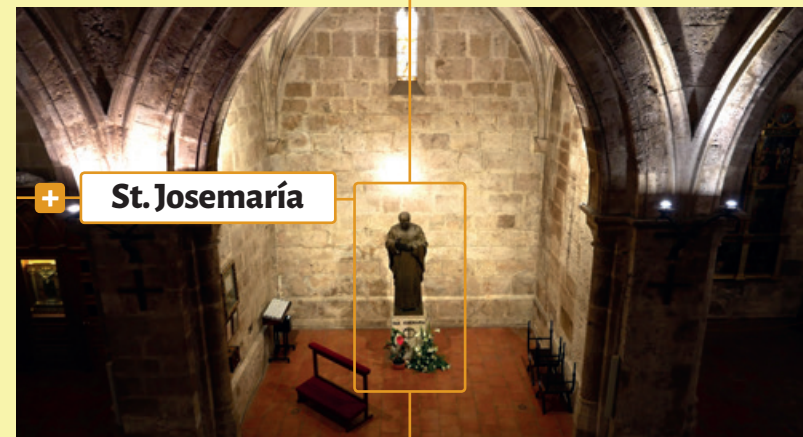
O God, through the mediation of Mary our Mother, you granted your priest St. Josemaría countless graces, choosing him as a most faithful instrument to found Opus Dei, a way of sanctification in daily work and in the fulfilment of the Christian's ordinary duties. Grant that I too may learn to turn all the circumstances and events of my life into occasions of loving You and serving the Church, the Pope and all souls with joy and simplicity, lighting up the pathways of this earth with faith and love. Deign to grant me, through the intercession of St. Josemaría, the favour of ... *(make your request)*. Amen.
Our Father, Hail Mary, Glory Be to the Father.

VALENCIA



San Juan del Hospital

A Church whose pastoral care is entrusted to priests of the **Opus Dei Prelature**



St. Josemaría

Work, family life, and other ordinary activities are opportunities for spiritual union with Jesus Christ



What is holiness?

Holiness means following Jesus Christ, imitating Him in thoughts, feelings, words and deeds. It means loving God and neighbour, with a love that gives rise to other virtues, such as humility, justice, integrity, and solidarity. Holiness is attained only with God's assistance and our constant striving. The teaching that everyone is called to holiness was at the heart of the Second Vatican Council, which was enormously influential in shaping the Catholic Church's understanding of what it means to be a follower of Christ in the modern world.

What does sanctifying one's work mean?

It means working like Jesus Christ – working hard and well, honestly and fairly, in order to love and serve God and other people. People who do that are making their work holy, and helping to sanctify the world from the inside. They are making the Gospel present in all their activities, whether brilliant or humble and hidden. In God's eyes, what matters is the love people put into their work, not its success in terms of money or fame.

Do women and men have the same status in Opus Dei?

Women and men share the same dignity as children of God and are equally called to heroic virtue by their baptism. Among the faithful of the Opus Dei Prelature, women and men share the same spirit, work in parallel apostolates, and have the same commitment to sanctify their work and family life; they also undertake identical responsibilities in governing and providing formation within Opus Dei.



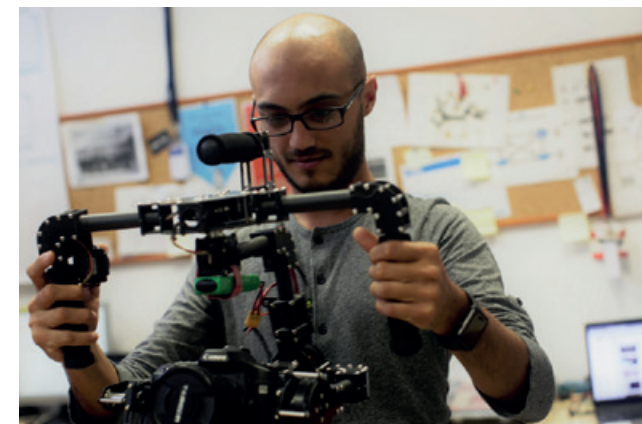
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What activities does Opus Dei organise?

Opus Dei provides spiritual formation aimed at helping people develop their spiritual life and apostolate. These activities are held in Opus Dei centres or in a church, office or private home.

What kind of apostolates does Opus Dei develop?

Personal testimony is always the most important apostolate in Opus Dei. It is an apostolate of witness, of specific and effective help given to others, at work and in the other circumstances of daily life: a personal apostolate carried out through word and example. As a result, members' apostolic work is not limited to specific fields such as education, or care for the sick or disabled. As the Catechism of the Catholic Church reminds us, all Christians, whatever their secular occupation may be, ought to help to find Christian solutions to the problems of society and give constant witness to their faith.



What activities does Opus Dei hold for young people?

Opus Dei centres organise formational activities for students and young professionals, such as Christian doctrine classes, spiritual guidance, cultural events and social projects. Underpinning all these activities is the conviction that any serious attempt to serve the Church and society, to spread peace and joy in the world, and to build a more human, more just and more Christian world, has to be based on study and ordinary work.

— opusdei.uk
— opusdei.uk/en-uk/faq/
— sanjuandelhospital.es