ENLARGING THE HEART

REACH THE VULNERABLE



REGION

OF EAST AND SOUTH ASIA

A man or a society that does not react to tribulations or injustices, and that does not make an effort to alleviate them, is not a man or a society that measures up to the love of the Heart of Christ... Otherwise, their Christianity will not be the Word and the Life of Jesus: it will be a disguise, a deception in the face of God and in the face of men.

St Josemaría, Christ is Passing By, no 167



PATH TO THE
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Monsignor Mariano Fazio - BeDoCare São Paulo, Oct 2024

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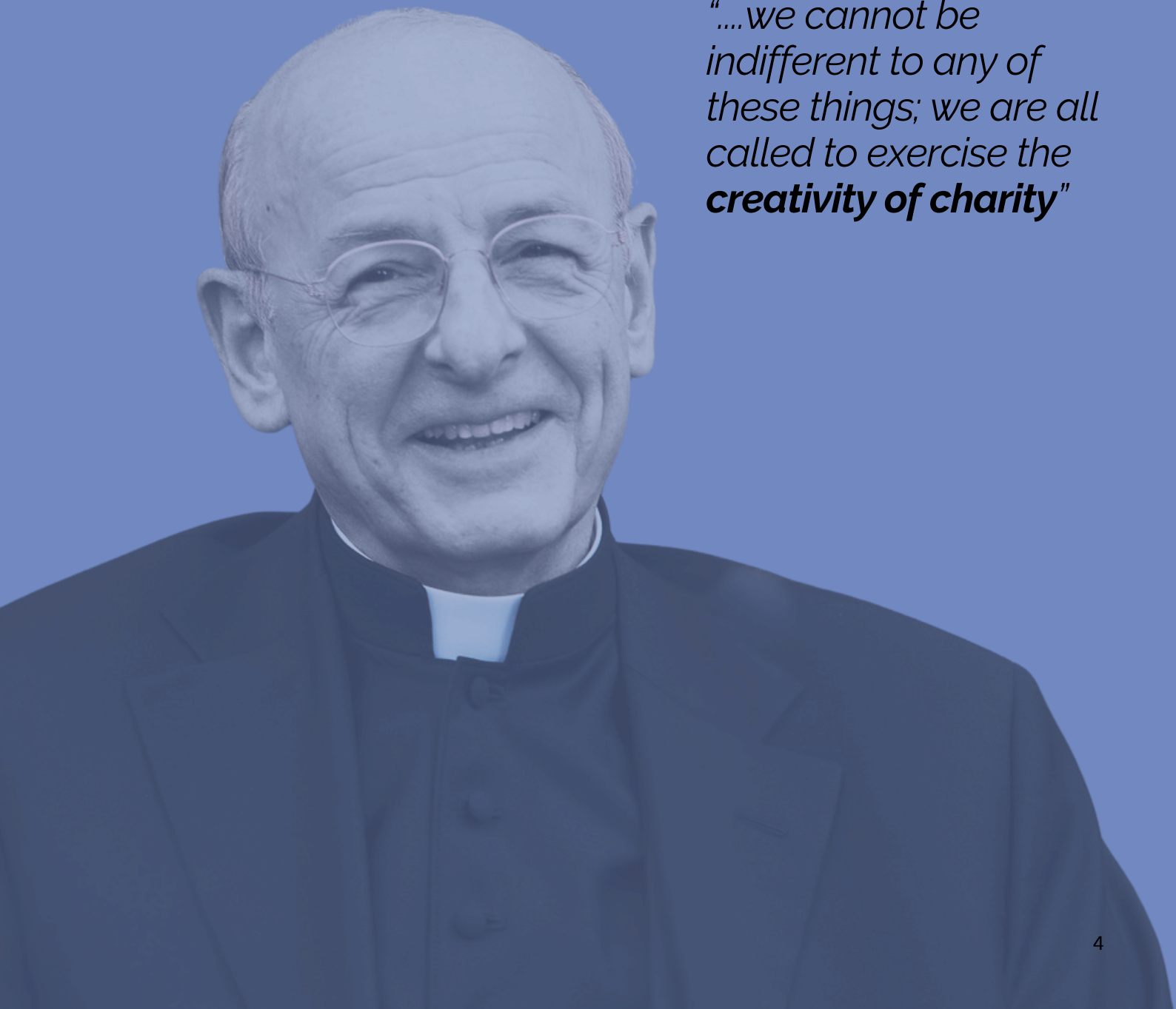
Five pillars for reaching the vulnerable

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FROM THE FATHER

Rome, 2022



"....we cannot be indifferent to any of these things; we are all called to exercise the ***creativity of charity****"*

ENLARGING THE HEART

Conference by Msgr Fernando Ocáriz, Prelate of Opus Dei, BeDoCare, Rome, 29 September 2022

On the twentieth anniversary of Harambee, the Father offered a landmark reflection on the social dimension of the Christian vocation. Building on the indissoluble link between love of God and love of neighbour (Mt 22:35–39), he called every member of the Work — and every Christian - to overcome the most dangerous disease of our times: indifference.

"In today's world, poverty presents many faces: sick and elderly people treated with indifference, the loneliness felt by many abandoned people, the drama of refugees, and the destitution in which a large part of mankind lives, often as a result of injustices that cry out to Heaven."

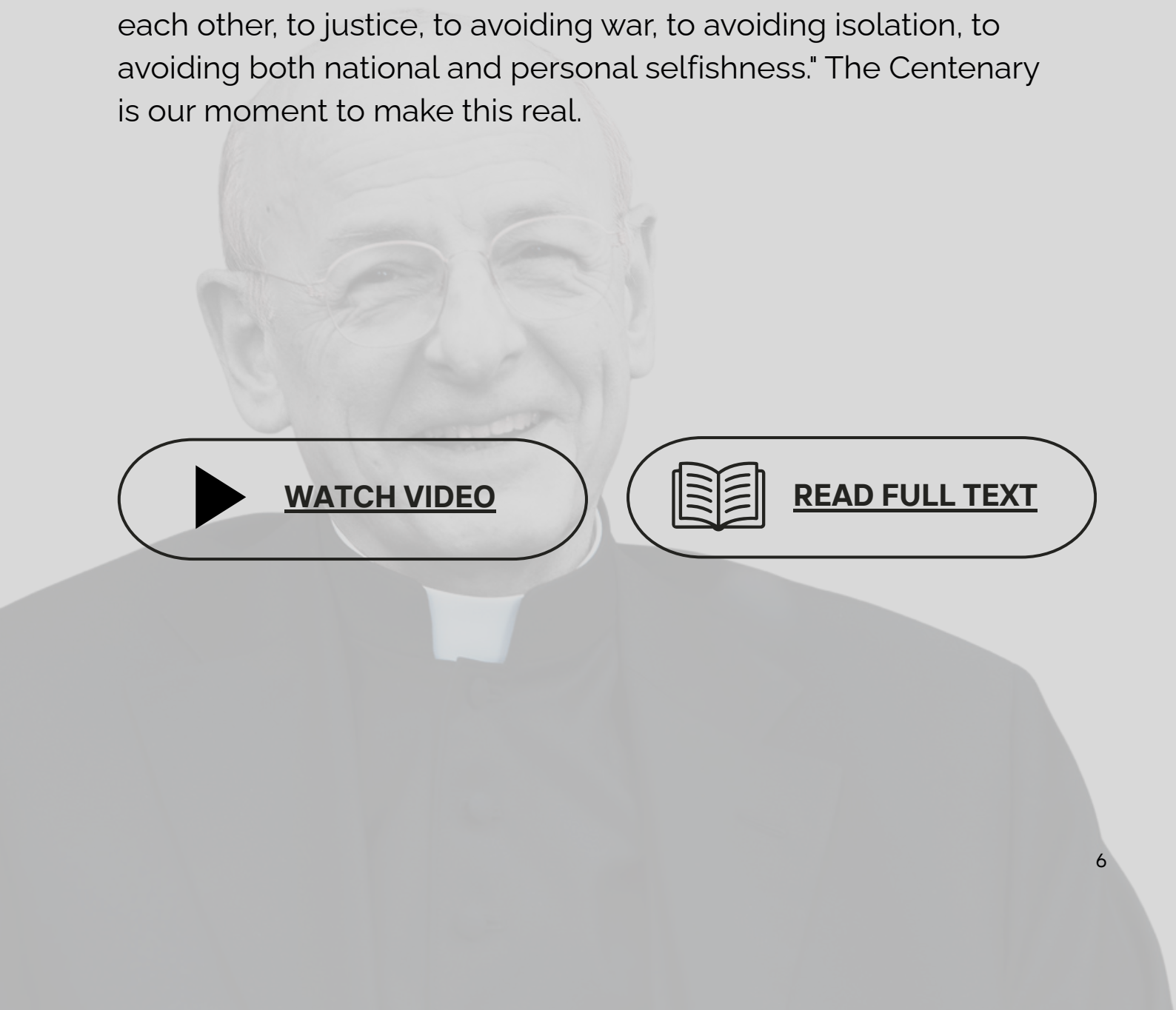
The Father's key insight is that the human person is essentially relational. True integral development is not achieved by institutions alone, but through genuine encounters between persons - encounters that create conditions within which the other can grow in all their dimensions. This is what it means to be a disciple of Jesus Christ: to care for people, to care for the world. He reminded us that, from the very beginning of Opus Dei, St. Josemaría did not ask his followers to change their place or profession to sanctify the world - he called them to change themselves, wherever they were. Charity and justice converge in the Christian ideal of work. Service to others - not the logic of success - is the truest criterion for a Christian's professional life.

ENLARGING THE HEART *(CONT'D)*

Conference by Msgr Fernando Ocáriz, Prelate of Opus Dei, BeDoCare, Rome, 29 September 2022

"Sanctified work is always a lever for the transformation of the world, and the usual means by which the changes that dignify people's lives are brought about, so that charity and justice truly permeate all relationships."

He concluded with St. Josemaría's assurance: "Our apostolic work will contribute to peace, to the collaboration of people with each other, to justice, to avoiding war, to avoiding isolation, to avoiding both national and personal selfishness." The Centenary is our moment to make this real.



WATCH VIDEO

READ FULL TEXT

WHAT IS BEDOCARE

BeDoCare is a global movement and forum born in September 2022 in Rome, as part of the preparations for the Centenary of Opus Dei and the 20th anniversary of Harambee, an initiative first promoted on the occasion of the canonization of St. Josemaría Escrivá.

Its name says it all : **Be** - start with purpose. **Do** - act with meaning. **Care** - culminate in authentic care for others. BeDoCare is an invitation to strengthen social sector organizations committed to integral human development, generating a positive and sustainable impact in vulnerable contexts.

The first gathering in Rome brought together 150 participants from 35 countries, representing 90 social initiatives inspired by the teachings of St. Josemaría. Subsequent editions took place in São Paulo (2024) and Nairobi (2025).

THE THREE PILLARS OF BEDOCARE

BE
Start with purpose: know who you are as a child of God, called to serve.

DO
Act with meaning: professional competence and passion, not just good intentions.

CARE
Culminate in authentic care: genuine encounter with the person, especially the most vulnerable.

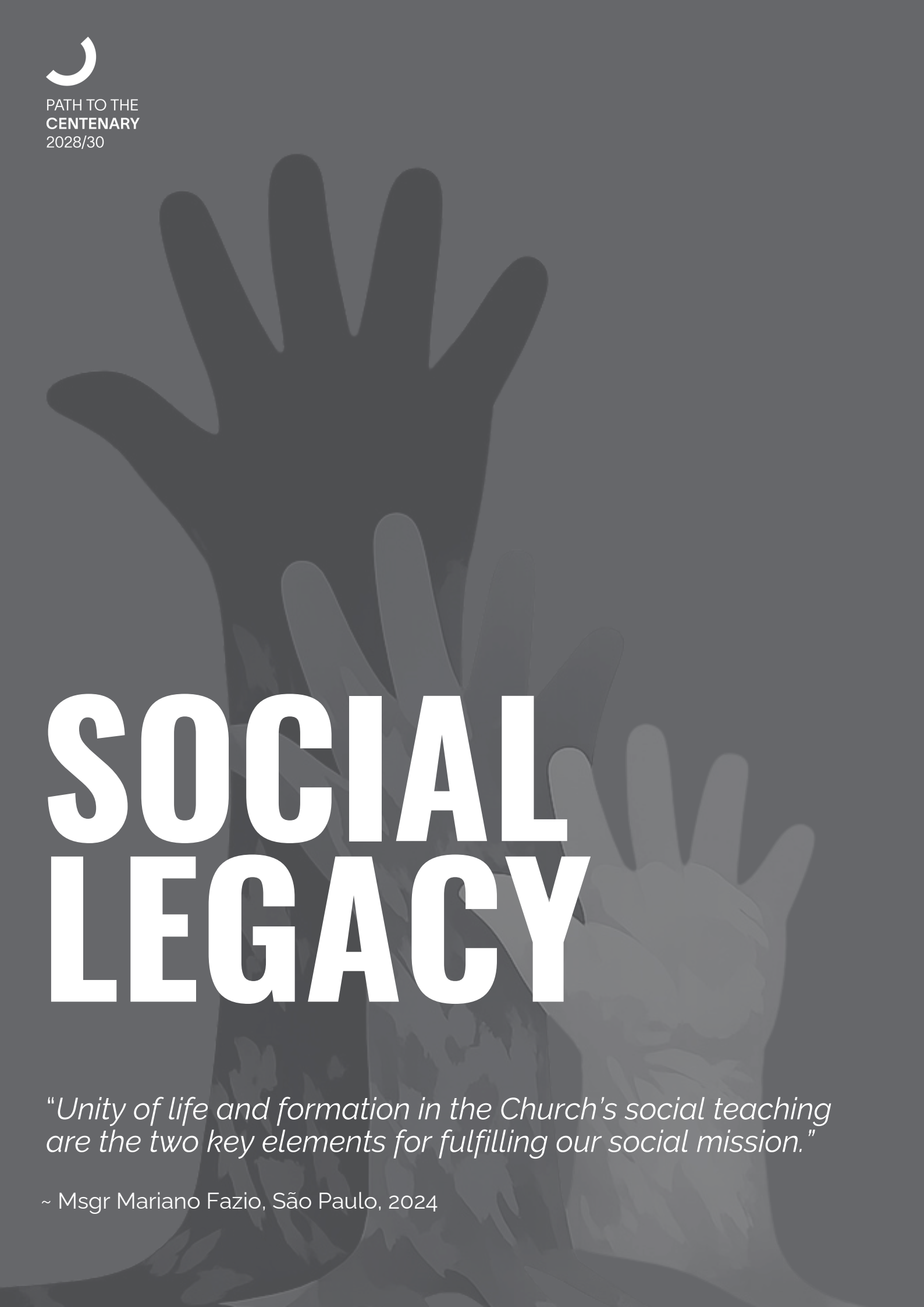
*"BeDoCare is more than a conference. It is a living, breathing community of people and organisations who believe we **cannot stand by** while the world's problems multiply."*

~ BeDoCare

WEBSITE

ABOUT BEDOCARE

PATH TO THE
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SOCIAL LEGACY

"Unity of life and formation in the Church's social teaching are the two key elements for fulfilling our social mission."

~ Msgr Mariano Fazio, São Paulo, 2024

THE MESSAGE & SOCIAL LEGACY OF ST JOSEMARIA

PATH TO THE **CENTENARY** 2028/30

Conference by Msgr Mariano Fazio, Auxiliary Vicar of Opus Dei. BeDoCare, São Paulo, 10 October 2024

Fifty years after St. Josemaría's visit to Latin America, Msgr. Fazio explored how the founder's message — born from the encounter with God in ordinary life — carries an inescapable social dimension. The universal call to holiness is not a private affair: it must permeate the world.

St. Josemaría taught that no human task can be a matter of indifference to us (Letter 29, n. 41). The Christian who sanctifies their work is not retreating from the world — they are transforming it from within, like leaven in the dough. Each one of us - Supernumeraries, Associates, Numeraries - has a direct responsibility to shape the social structures in which we live, which stem from the natural duties of a professional, a parent or an ordinary citizen.

2 KEY HIGHLIGHTS

1.UNITY OF LIFE

Faith and professional work are not two separate compartments. The Christian acts in the world with the same interior life they bring to prayer — there can be no split between what we believe and how we act toward the vulnerable.

2.FORMATION IN SOCIAL TEACHING

A generous heart is not enough. We need the intellectual formation to understand the Church's social doctrine, since "*ignorance is one of the factors explaining the lack of social commitment among Catholics.*" *(St JM)*

""I dream - and the dream has come true - of multitudes of God's children, sanctifying themselves as ordinary citizens, sharing the ambitions and endeavours of their colleagues and friends."

St. Josemaría always insisted that our mission is that "there may be fewer and fewer ignorant and indigent people" in the world (Letter 15, n. 193). This is not philanthropy; it is co-redemption.

WATCH VIDEO

READ FULL TEXT

FIVE KEY IDEAS TO REFLECT ON

1 OVERCOME THE DISEASE OF INDIFFERENCE

The Prelate calls indifference the central moral failure of our age. When we receive news of suffering daily and do nothing, our Christianity becomes, in St Josemaria's words, "a disguise, a deception. " The Centenary calls us to actively cure ourselves of indifference - in our hearts, our schedules, and our apostolic plans."

2 SEE CHRIST IN THE VULNERABLE PERSON

St. Josemaría spent his early priesthood among the sick and poor of Madrid. They were never less important than anything else he did, because in their faces he found God.The Centenary invites us to recover this vision: the vulnerable person is not a "target group" but someone whom the Lord loves, and in whom He is present.

3 THE CREATIVITY OF CHARITY: PROFESSIONAL COMPETENCE + LOVE

Good intentions are not enough. The Father calls for "the creativity of charity" - bringing the same professionalism we apply to our careers to the work of serving others. BeDoCare is clear: passion without competence is not enough, and competence without love is empty. Centenary initiatives targeting the vulnerable must be both professional and rooted in genuine care.

4 GOD ENTRUSTS US TO ONE ANOTHER

St. John Paul II's words quoted by the Prelate are direct: "God entrusts us to one another." This is not just for priests or professional social workers - every member of the Work, every cooperator, every friend is called to care for those around them. The Centenary asks: who, specifically, has God entrusted to me? Who in my immediate environment is vulnerable and unseen?

5 MOVE BEYOND AID TO DIGNITY: CO-CREATION, NOT PATERNALISM

BeDoCare emphasises moving "beyond aid and paternalism to models of cooperation that respect dignity, culture and aspirations of communities."
The Centenary social legacy must be one where the vulnerable are not passive recipients but active agents of their own development. The encounter must dignify, not diminish.

PATH TO THE
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REFLECTION GUIDES

INDIVIDUAL & GROUP REFLECTIONS

- Work on the individual reflections on your own. (They will not be shared at group level).
- Then work with your groups to fill in the group reflection guide.

INDIVIDUAL REFLECTION



1. Vulnerability shows up differently across our region, sometimes hidden beneath a functioning society, sometimes impossible to ignore. What are the needs in your country that are most pressing, and which are most easily overlooked?

2. Where do you see the "creativity of charity" already at work in your country, and where is there a gap between good intentions and real impact?

3. What one insight from these materials would you want to bring into the group, something that could shape meaningful Centenary initiatives for the vulnerable in your country?

GROUP REFLECTION

1. What are the most pressing and overlooked needs in your country?

2. What should the spirit of the Centenary look like when it comes to the vulnerable in your context? What do you want people to feel and remember?

3. Do you think the means of formation in your country spark enough social sensitivity to move people to act? What could be done so that those being formed are moved to bring Christian love to the vulnerable - engaging in works of mercy through small or big initiatives?

4. What initiatives could be realistically proposed that genuinely respond to local needs and express the BeDoCare spirit?

5. What would make these initiatives last beyond the Centenary?





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WHAT LOVE LOOKS LIKE IN ACTION

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JASLISCO, MEXICO

Students from Los Altos School built a house for an elderly couple and their grandson after being inspired at BeDoCare Rome. Together with the Zapopan Foundation, they used their own hands and fundraising to provide a home - and in doing so, discovered that small efforts create big impact.

AT-RISK CHILDREN

"Painting the Future" provides comprehensive training for children exposed to street life, violence, and dysfunctional families — offering a safe space that fosters cognitive, motor, and social development, alongside values-based formation. Parents are empowered as educators, not bypassed.

AFRICA - NAIROBI 2025

Young Cameroonian entrepreneurs at BeDoCare Nairobi networked with peers from Kenya, Uganda, and Nigeria around innovation and ethics in professional life - recognising that Africa's social challenges require solutions that come from Africa, not from outside it.

THE HARAMBEE LEGACY

Harambee Africa International, launched on the day of St. Josemaría's canonization in 2002, brought together Opus Dei schools, professionals, and institutions across sub-Saharan Africa in the service of education. BeDoCare is the next chapter of this same impulse.

"The charity of Christ's love invites us to see people with interest, as someone whom the Lord loves."

~ BeDoCare Rome participant,2022

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~ BeDoCare

WEBSITE

ABOUT BEDOCARE

LETTER FROM THE PRELATE *(EXTRACT)*
15 NOVEMBER 2023

Editorial Note :
This document reproduces selected extracts from a past letter of the Father. Paragraphs referring to time-specific circumstances have been omitted. The text reproduced below is otherwise unchanged.

My dear children: may Jesus watch over my daughters and sons for me!

In several previous messages, I have mentioned the upcoming Work Weeks, also called Regional Assemblies. I am happy to inform you that these will be held in all the regions throughout 2024, in preparation for the Ordinary General Congress in 2025. The theme of these Assemblies is: *The Road to the Centennial of the Work. Going More Deeply into Our Charism and Renewing Our Desire to Serve God, the Church, and Society.*

Thus we will begin preparing in a more specific way for the centennial, in which, as I told you in my 10 June 2021 message, I would like all of you to take part. In each region you will be informed of the dates on which your Work Week will be held and the ways to participate. This will be an opportunity to deepen in the "gift of the Spirit received by Saint Josemaría" (*Ad charisma tuendum*), in the beauty of the mission of service to the Church and society, and in the desire to accompany many people on the path to heaven.

LETTER FROM THE PRELATE *(EXTRACT)*
15 NOVEMBER 2023

It will also be an opportunity to reflect on how to respond to the challenges of the present time in light of the spirit of Opus Dei and how to prepare for the centennial in each place.

(End of extract)

Your Father blesses you with all his affection,



Rome, 15 November 2023

FRAMEWORK DOCUMENT

READ

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On September 14, the Father called the faithful of Opus Dei and its friends to participate in the preparations for the regional assemblies (Work Weeks) which will have the theme “Towards the centenary of the Work: deepening in our charism and renewing our desire to serve God, the Church and society.”

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REACH THE VULNERABLE



REGION

OF EAST AND SOUTH ASIA

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LETTERS OF ST JOSEMARIA WITHIN FRAMEWORK DOCUMENT

Nº 4 : CHARITY IN THE TRANSMISSION OF THE FAITH

On evangelising dialogue, combining a spirit of understanding and respect for the freedom of conscience with fidelity to the deposit of faith.
(16 July 1933)

READ › LISTEN ›

Nº 6 : VARIOUS ASPECTS OF THE SPIRIT OF OPUS DEI

On the characteristic features of the call to Opus Dei and its evangelising mission, at the service of the Church.
(11 March 1940)

READ › LISTEN ›

Nº 29 : MISSION OF THE FAITHFUL

Letter dedicated to the work of St. Gabriel, on the vocation and mission of the members of Opus Dei in the sanctification of the world and of married and family life.
(9 January 1959)

READ › LISTEN ›

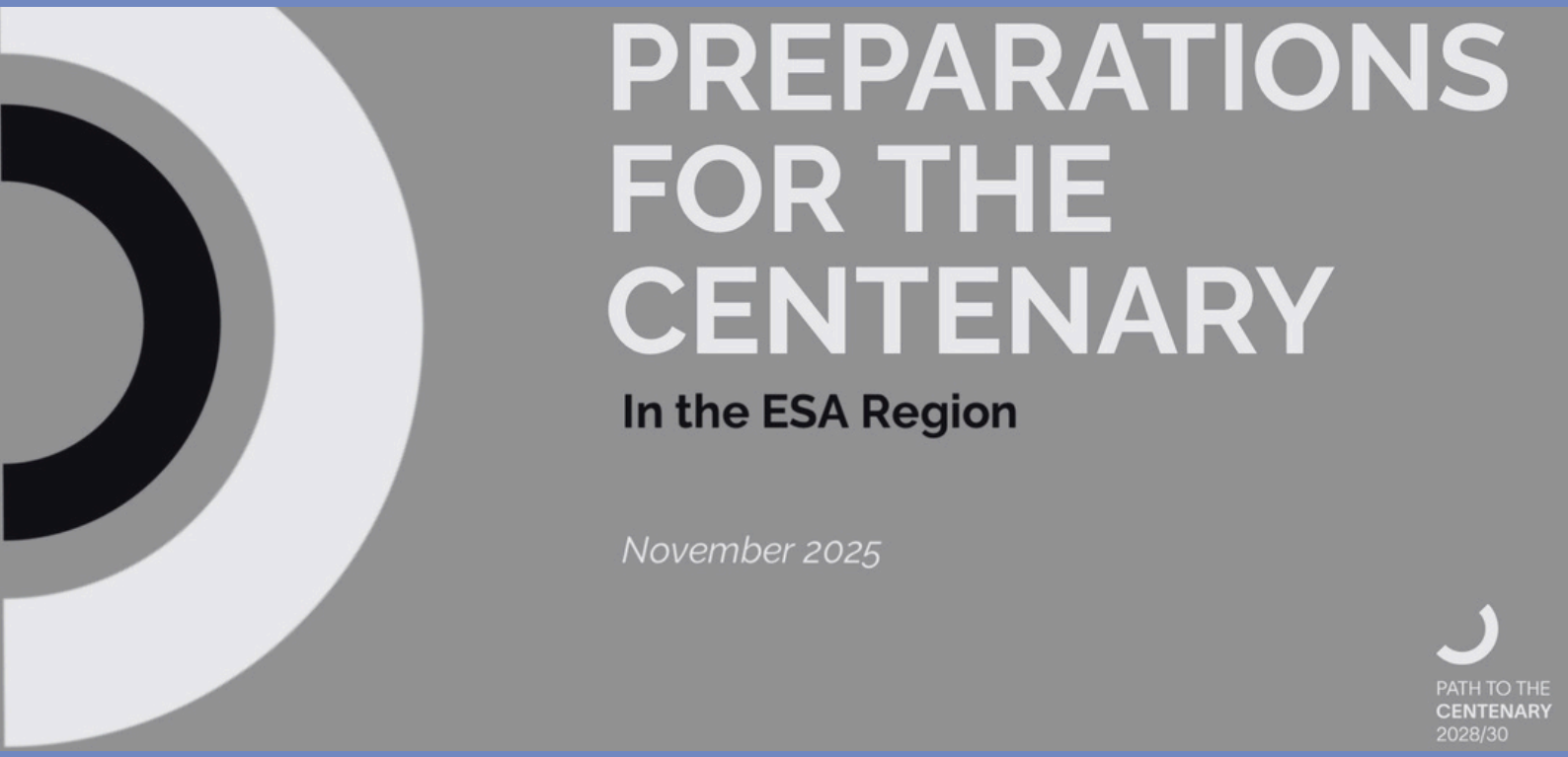


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VOCATION, MISSION & CHARISM

During this time of preparation for the centenary, which began with the regional assemblies, the Prelate invites us to reflect on Opus Dei's identity, history, and mission. This article explores the specific role of the Work within the Church and develops the concepts of vocation and mission in the context of ordinary life.



READ

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ESA CENTENARY PREPARATION COMMITTEE

KICKOFF MEETING NOTES

20 November 2025



READ

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INTERVIEW WITH FERNANDA ZAIDAN LOPES

CHAIR OF THE PREPARATORY COMMITTEE FOR THE CENTENARY

"Opus Dei is what happens in the lives of its members"

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