



- 1. LAVAR A 40°C EN 30 MIN.
- 2. LAVAR A 60°C EN 45 MIN.
- 3. LAVAR A 90°C EN 1 HORA.
- 4. LAVAR A 90°C EN 1 HORA Y 15 MINUTOS.

DO RA

del Hoyo

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*9 days
praying with
Dora del Hoyo*

by Almudena Lago

contents



- 4 Biography
- 6 Why a novena to Dora?
- 8 How to pray the Novena
- 10 Day 1: *Being welcoming to others*
- 12 Day 2: *The joy of serving*
- 14 Day 3: *Fostering joy*
- 16 Day 4: *First things first*
- 18 Day 5: *The wisdom to discern*
- 20 Day 6: *The art of going unnoticed*
- 22 Day 7: *Thinking before acting*
- 24 Day 8: *Work done for love*
- 26 Day 9: *Taking care of little things*
- 28 Prayer for private devotion



Dora was born in Boca de Huérgano, Spain, on **11 January** 1914.

She was the fifth of six children, the daughter of farm workers. She was raised in a deeply Christian home where she learned to value working hard and well, and to love the work of the home. When she was 26, she moved to Madrid to work as a housekeeper. Very quickly she showed herself to be intelligent, capable, hardworking, and a quick learner. In 1944 she started work in the Moncloa students' residence, where she learned about the spirit of **Opus Dei** and met its founder, St Josemaría Escrivá. The meeting was a turning-point in her life, revealing a new dimension of her Christian calling. She understood that she could do **her work with love, and for love of God**, in order to serve others. On **14 March 1946**, she joined Opus Dei, wanting to seek holiness through her work and to spread the universal call to holiness.

St Josemaría found Dora a great help in creating the ***family atmosphere*** he desired for the student residences. The experience she had gained during her early years in Madrid helped her to improve the laundry, housekeeping, and cooking, and as a result the atmosphere in the residence became increasingly ***serene and cheerful***.

Soon afterwards she moved to Rome, Italy, where she stayed for the rest of her life. With her prayer, her high-quality work and her faithfulness, she was a real support to St Josemaría. She worked with self-denial and initiative. Many people learned from Dora's example how to love God in their ordinary work and to live in the joy that comes from knowing they are God's children.

Dora died on 10 January 2004. Since then, a lot of people have talked and written about Dora's influence on their lives, and believe that she is now in heaven, very close to God. Her mortal remains are buried in Rome, in the crypt of the church of Our Lady of Peace, at Viale Bruno Buozzi, 75.

People who knew her recall her simple, straightforward relationship with God, her love for the Church, her strength of character, and her love for everyone without exception. There are also plenty of accounts of favours received from God that are attributed to her intercession.

The process of canonisation for Dora del Hoyo was opened in Rome on 18 June 2012.

Why a novena to Dora?

One method of problem-solving actually improves those concerned while they are looking for a solution: **prayer**. This novena offers nine prayers to help us talk to God about what makes us happy, worries us or upsets us, in the light of different features that shone out in Dora's life, which we can ask Jesus Christ to grant us through her intercession. Dora was a totally generous person. Her life was pleasing to God, and was also appreciated by those lucky enough to meet her. As a result, now, from heaven, she is happy to help us. Dora discovered that she could **find God** and help others through her professional vocation: **the work of the home**. And she saw Opus Dei as a path that led her to do just that. She saw her work as a channel for God's goodness and love to act in the world. And God saw that he could use her for that purpose.

She did it so well that she gained a reputation for holiness among people from the five continents, who believe that she is in heaven, rejoicing in God. So ***we can ask her for all kinds of “favours”***, get her on our side, and beg her to help us make our desires, conflicts and situations into paths of encounter with God and other people.

Each petition is accompanied by some points for meditation, taken from *The Way*, the first book written by St Josemaría Escrivá. Dora herself said, when she read it: “Every sentence I read, I thought ‘This is for me.’ I really loved it, and I finished it all in one go.”

The first point in *The Way* says: “Don’t let your life be barren. Be useful. Leave a mark. ***Shine forth with the torch of our faith and your love.*** Wipe out, with your apostolic life, the filthy, viscous trail left by the impure sowers of hatred. –And set aflame all the ways of the earth with the fire of Christ that you bear in your heart.” These words describe Dora’s life perfectly.



How to pray the novena

A novena is a prayer repeated during nine consecutive days requesting God to grant a favour or for His help to face a difficult situation. You can pray it individually or with others, at any time of the year. For each day of this novena, there is a prayer directed to God, some texts for meditation, and the prayer for private devotion to Dora.

- Choose a date and time (e.g. end of day, after dinner) to start the novena.
- Read the reflection of the day slowly.
- Meditate on the points of *The Way* and ask God for light and inspiration.
- End with the Prayer for private devotion to Dora (on the back cover).

It is a common practice in the Church to invoke the intercession of people who have died with a reputation for holiness. We invite you to visit www.doradelhoyo.org where you will find testimonies of favours God has granted to those who have had recourse to Dora's intercession. Many people send these accounts to the postulator of her cause of canonisation as a sign of their gratitude and to spread devotion to her.

I *BEING WELCOMING TO OTHERS*

O Lord, through Dora's intercession, I ask you that all the people I come across in my everyday life may realise that they matter to me because they are your children: that I take a real interest in their problems and their joys, as Dora did.

May I never treat them with indifference, and if I have the opportunity to smile at them, may I do so sincerely.

May I learn to look them in the eyes, notice if they are suffering, and help them to relax. At home, may I not be in such a hurry that I can't listen to the others telling me about their day, laugh with them, and suffer with them when they suffer.



“Our Lord says: ‘A new commandment I give you: to love one another. By this will men know you are my disciples.’ And Saint Paul: ‘Bear each other’s burdens, and so you shall fulfil the law of Christ.’ I have nothing to add.”

The Way, 385

“The efforts of each one of you, taken in isolation, prove ineffective. If you’re united by the charity of Christ, you’ll be amazed at their effectiveness.”

The Way, 847

Prayer for private devotion to Dora (see back cover)

2

THE JOY OF SERVING

O Lord, through Dora's intercession, I ask you to grant me concern for others – a concern that is as joyful and sympathetic as Dora's, even when I am tired or in difficulties myself.

May I not seek to stand out, but to serve others in all their needs.

May I notice what they need, give them my time, and learn how to help each person in the right way. May I be the first to do things that nobody wants to do, or the things that nobody realises need to be done, but that people just assume will get done.

May I learn everything I can, so as to be able to help people more. Like that, with your grace, I will become identified with your Son, who came to earth to serve all souls.

“Turn your back on the villain
when he whispers in your ear: ‘Why
complicate your life?’”

The Way, 6

“Give thanks to God, who helped you,
and rejoice in your victory. What
deep joy you feel in your soul, after
responding!”

The Way, 992

*Prayer for private devotion
to Dora (see back cover)*



3 *FOSTERING JOY*

O Lord, through Dora's intercession, I ask you that my outlook on life and on my work may always be positive and optimistic.

When problems arise, may I realise that everything that happens to me or around me is permitted by my Father God for my good, because he always gives me what I need most. May I be able to foster joy and cheerfulness in all situations.

May I learn to laugh at my own mistakes and not over-react to other people's failings, knowing that you always have us before your eyes and, if we pray, you bring good out of everything that happens.

“The cheerfulness you should have is not the kind we might call physiological, that of a healthy animal, but a different, supernatural, one, which comes from the abandonment of everything and the abandonment of yourself into the loving arms of our Father-God.”

The Way, 659

“You’re not cheerful? Think: there is an obstacle between God and me. You’ll nearly always be right.”

The Way, 662

“I want you to be happy always, for cheerfulness is an essential part of your way. Pray that the same supernatural joy may be granted to us all.”

The Way, 665

Prayer for private devotion to Dora (see back cover)

4 *FIRST THINGS FIRST*

O Lord, through Dora's intercession, I ask you that I may learn to distinguish, as Dora did, between what matters and what is not essential, in the decisions I make about my family and my work.

In organising my day, may I not lose sight of the fact that God and other people come first, and may I make space for everything that is really important: time for talking to you one-to-one, generous attention to my family, hard work, time for my friends and for helping whoever needs it most.

May I, like Dora, learn how to manage all of it, or at least the most important part: what you expect of me each day.

“You don’t know what to say to Our Lord in your prayer. You can’t remember anything, and yet you would like to consult him on many things. Look: make some notes during the day of the points you would like to consider in the presence of God. And then take those notes with you to pray.”

The Way, 97

“If you don’t have a plan of life, you’ll never have order.”

The Way, 76

“When you bring order into your life your time will multiply and, as a result, you will be able to give greater glory to God, by working more in his service.”

The Way, 80

Prayer for private devotion to Dora (see back cover)



5 *THE WISDOM TO DISCERN*

O Lord, through Dora's intercession, I ask you for the sort of deep wisdom Dora herself possessed. Whatever situation she was faced with, she was able to make the right choice because she asked you in prayer what your Will was.

Help me to read the Gospel every day as Dora did, so that I increase my knowledge and love for your Divine Son Jesus Christ, who is the Way, the Truth and the Life.

And may I, like her, always try to do good to everyone I meet.

Grant me, together with faith, the ability to discern what will make me happy on my journey on this earth, and what will separate me from true joy and true life.

“Would that your bearing and conversation were such that everyone who sees you or hears you speak could say: ‘This man reads the life of Jesus Christ’.”

The Way, 2

“Don’t succumb to that disease of character whose symptoms are inconstancy in everything, superficiality in action and speech, scatter-brained ideas...: in a word, frivolity. And the frivolity – don’t forget this – which leads you to have those daily plans that are so empty (‘so full of emptiness’), if you don’t react in time – not tomorrow: now! – will make your life that of a dead and useless puppet.”

The Way, 17

Prayer for private devotion to Dora (see back cover)

6 *THE ART OF GOING UNNOTICED*

O Lord, through Dora's intercession, grant me the art of going unnoticed. May I learn to make others happy by fulfilling my duty, seeking your approval and not the world's, even though it is sometimes hard.

If what I do helps, may I not seek to stand out, but may I realise how enriching it is to go unnoticed and not seek to be important – if I have been able to do anything, it's because you helped me.

May I be where I ought to be at every moment, because like that I am fulfilling your plan for me and am available to help whoever needs me. May I, like Dora, turn to you, present in the Tabernacle, for all my needs.

“When you have finished your work, do your brother’s, helping him, for love of Christ, so tactfully and so naturally that not even the person you’re helping realises that you are doing more than in justice you ought. This indeed is virtue befitting a son of God!”

The Way, 440

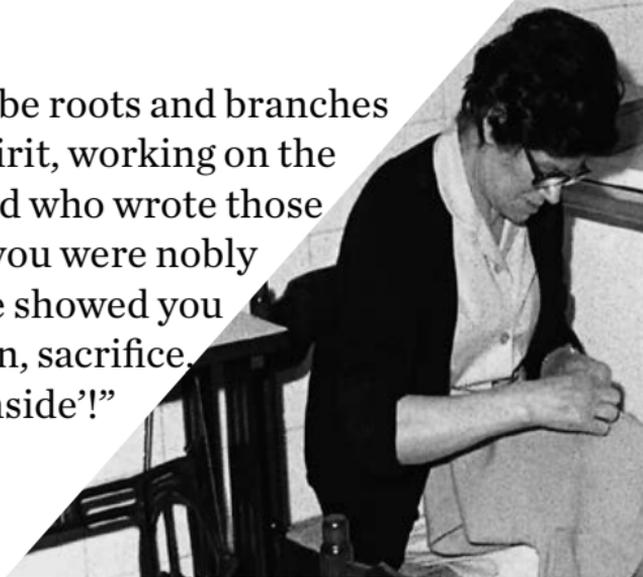
“The fruitfulness of silence! All the energy I see you waste, with your failures in discretion, is energy taken from the effectiveness of your work. Be discreet.”

The Way, 645

“‘The only way to be roots and branches is by being sap, spirit, working on the inside.’ Your friend who wrote those words knew that you were nobly ambitious. And he showed you the way: discretion, sacrifice, ‘working on the inside!’”

The Way, 651

*Prayer for private
devotion to Dora
(see back cover)*



7 *THINKING BEFORE ACTING*

O Lord, through Dora's intercession, I ask you that I may be serene and thoughtful. So that, even when I am in a rush and feel a tendency to activism, I will ask you for light to make the right decisions, to pause and ponder before I act, and to see more clearly what your will is for me in every moment.

And so, I will be able to create an environment of order and peace around me, and make better use of the help that you grant me, stopping to think, as St Josemaría suggested: Lord, what do you want of me in this?

Then, without a doubt I will work a bit better, have more time for my family and make decisions which are fair and just.

“Gravity. Stop behaving like a giddy woman or a foolish child. –Let your outward conduct reflect the peace and order of your soul.”

The Way, 3

“That supernatural mode of conduct is a truly military tactic. –You carry on the war – the daily struggles of your interior life – in positions that you have placed far from the main walls of your fortress. And the enemy goes there: to a little mortification of yours, to your regular prayer, to your methodical work, to your plan of life: and with difficulty will he reach the easily assailed battlements of your castle. And, if he does, he will arrive exhausted.”

The Way, 307

Prayer for private devotion to Dora (see back cover)

8

WORK DONE FOR LOVE

O Lord, through Dora's intercession, I ask you that I may work better for love of you, knowing it is not a matter of quantity but quality.

Grant that I, like Dora, may always aim high in my professional work, using my talents and intellect to bear more abundant fruit in your service and to serve those around me.

May I feel your loving gaze upon me while I carry out my daily tasks. Help me to be more diligent, not to fall into perfectionism but to focus on priorities.

I want to be able to carry on working even though I feel tired, offering you what turns out well and what does not, thanking you for your help, and to continue working even when it is hard. Then, a glance at the Crucifix will give me strength to go on.

“Don’t leave your work for tomorrow.”
The Way, 15

“Your Crucifix. As a Christian, you should always carry your Crucifix with you. And place it on your work table. And kiss it before you go to rest and when you awake: and when your poor body rebels against your soul, kiss it again.”
The Way, 302

“Put a supernatural motive behind your ordinary professional work, and you will have sanctified your work.”
The Way, 359

*Prayer for
private
devotion to
Dora (see
back cover)*



9 *TAKING CARE OF LITTLE THINGS*

O Lord, through Dora's intercession, I ask you that I may learn from Dora how to take care of little things, with love, each day.

Help me to recognise – even if at times I feel lazy or lack faith – how important it is to be attentive to details in my work and in my dealings with others. They will be little things that only you and I will know about and that others may never notice. I know by caring for these details of love in my daily duties I will grow in humility and simplicity.

Grant that I may love the lowly tasks, giving them the importance that they have in your eyes. Help me to finish well each job I undertake. The Blessed Virgin Mary was Dora's teacher in these things: Grant me, dear Mother, a loving heart which will discover Jesus in these small details.

“Do everything for Love. That way there are no little things: everything is big. Perseverance in little things, for Love, is heroism.”

The Way, 813

“Great souls pay much attention to little things.”

The Way, 818

“Did you see how that imposing building was raised? One brick, and another. Thousands. But, one by one. And bags of cement, one by one. And blocks of stone, each of them tiny compared with the massive whole. And bits of iron. And men working, the same hours, day after day... Did you see how that imposing building was raised?... By dint of little things!”

The Way, 823

Prayer for private devotion to Dora (see back cover)

Prayer for private devotion through Dora's intercession

O Lord, you called your servant Dora to work at the tasks that the Blessed Virgin Mary carried out in her home at Nazareth. Help me find you in the ordinary events of daily life, and to fill my surroundings with the same family warmth that Dora brought to hers with her cheerful and selfless work, following the teachings of St Josemaría. Glorify your servant Dora, and grant me the favour that I ask (*here make your petition*). Amen.

Our Father... Hail Mary... Glory be to the Father...

In conformity with the decrees of Pope Urban VIII, we declare that there is no intention of anticipating in any way the judgement of the Church, and that this prayer is not intended for public use.

This publication is distributed free of charge. We request those who obtain favours through Dora's intercession to notify the postulator of her cause either via www.doradelhoyo.org or by e-mail to ocs.uk@opusdei.org or in writing to the Office of the Causes of Saints, Prelature of Opus Dei, 4 Orme Court, London W2 4RL.

With ecclesiastical approval

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