



# EMMAUS 90

January 1, 2025, to Easter

*“A small group of disciples, uncertain about what was happening in their world and looking downcast, journeyed together discussing along the way. Jesus himself drew near and walked with them. They didn’t recognize him; He asked them to tell him what was on their minds and listened. Then, he interpreted to them what referred to him in all the Scriptures, and their hearts began to burn within them. They urged him to come stay with them. While he was with them at table he took bread, said the blessing, broke it, and gave it to them. Their eyes were opened. They recognized him. He was made known to them in the breaking of the bread. And they set out at once to share the good news.”*  
This is the Emmaus journey of Luke 24:13-35

## What is it?

A 90-day walk with fellow disciples along the Emmaus journey to learn to recognize Jesus drawing near, speaking through Scripture, and opening our eyes to reveal himself in the Eucharist. This is not just a program, but a process toward a way of living with Jesus at the center of your life.

## What will this 90 days entail? (See Emmaus 90 practices)

- **Time for God** involves daily prayer, daily examen, journaling, Sunday Mass, and weekly Adoration.
- **Time for Connection** includes meeting weekly as a couple, family, group of friends, and/or group of parishioners for 30 – 60 minutes of discussion and watching weekly formation video, provided by Emmaus 90 on your own, or at a watch party at the church or with your group.
- **Time for Excellence** is striving to live Sundays well, adding in a fasting practice or practicing a virtue.

## How do I know if this is for me?

- ✦ Are you being invited or nudged to enter into a deeper or new relationship with Jesus?
- ✦ Do you desire to be different in this New Year of 2025?
- ✦ Do you want to establish a deeper relationship with God?
- ✦ What good habits would you like to have established in your life?
- ✦ What virtues would you like to have strengthened?
- ✦ What do you want God to do for your loved ones and the world?
- ✦ What do you think God wants for you by the end of Emmaus 90?
- ✦ If you answer “yes,” ask Jesus for the grace to begin Emmaus 90. *“Jesus is able to accomplish far more than we ask or imagine.”* Ephesians 3:20

**Then: Contact** Jodie Rubenzer in the office and while you wait for your guidebook:

- ♥ Set a time for Daily Prayer and Examen and write in your planner or add to your phone calendar.
- ♥ Prepare a prayer space in your home with a small table for you Emmaus 90 Guidebook, Bible, and favorite pen. Add a crucifix and candle to light during prayer.
- ♥ Let your household know that you are taking this time and invite them to consider joining you.

## 90 Day Emmaus Calendar

January							February							
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
			1	2 What does God desire	3	4							1	
5 Mass	6	7	8	9 Who's with You?	10	11		2 Mass	3	4	5	6 Who am I walking with?	7	8
12 Mass	13	14	15	16 What's the gift of Sunday for your journey	17	18		9 Mass	10	11	12	13 How do Moses and the Prophets refer to Jesus	14	15
19 Mass	20	21	22	23 Why does Jesus draw near	24	25		16 Mass	17	18	19	20 How do scriptures about bread refer to Jesus	21	22
26 Mass	27	28	29	30 How do I recognize Him	31			23 Mass	24	25	26	27 How do scriptures about weddings and wine refer to Jesus	28	

March							April							
Sun	Mon	Tues	Wed	Thurs	Fri	Sat 1	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
2 Mass	3	4	5 Ash Wednesday	6 Participate in Ash Wednesday	7	8			1	2	3 How do we show others?	4	5	
9 Mass	10	11	12	13 How does Jesus fulfill our longing that he stay with us.	14	15		6 Mass	7	8	9 Consider 12 hours of Reconciliation	10 How do we walk with one?	11	12
16 Mass	17	18	19	20 How is the Mass our Source and Summit	21	22		13 Mass	14	15	16	17 Holy Thursday Participate in the next days.	18 Good Friday	19 Easter Vigil
23 Mass	24	25	26	27 How do we enter more deeply into the Mass	28	29		20 Easter Sunday Mass	21	22	23	24 Where do we go from here?	25	26
30 Mass	31							27 Mass	28	29	30			