

CALLING ALL MEN AT ST. BRIDGETS AND THE NEWMAN CENTER
UWRF!!!!!!

WHAT WILL YOU BECOME BY DAY 91?

WHEN: January – April...Ends at Easter: Just in time for the Holy Season of LENT!!!

HOW IT WORKS: For 90 days, *men* learn to persevere, suffer and depend on God, above all else. Well-documented science tells us it takes a minimum of 90 days to break bad habits and addictions. The 90 days of Exodus aids men in beginning anew and preparing them for a life of greater virtue.

PRAYER: Men adopt the discipline of daily prayer—taking on the story of the Israelites journeying from the slavery of sin into the freedom of the promised land. With a daily passage from the book of Exodus and a corresponding, written meditation, men discover the personal slavery preventing greater *love of God and neighbor*.

ASCETISISM: Learning to deny themselves, Exodus 90 men take up their *cross*, and learn to offer up cold showers, fasting from all alcohol, sweets, eating between meals, television & movies, televised sports, and more. In *emptying themselves* of modern comfort, noise, and vice, men dispose themselves greater to the voice and presence of *God in their lives*.

FRATERNITY: Men band together, in groups of four or more, for *encouragement and accountability* as well as to share difficulties and challenges through the 90 days. Weekly fraternity meetings provide the context for a virtuous brotherhood, serving to foster greater communion and friendship within, and after, the 90 days.

If interested check please check out the Exodus90.com website and let Fr. Rich know...frrich@stbparish.com. We would begin in January and end at Easter. We would like to get a headcount to form groups and order materials. THANKS!!!