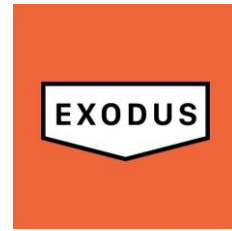


Exodus 90



90 Days Catholic Men's Holiness Programme

*****Starting January 17th 2022.**

Exodus 90 is a ninety day spiritual exercise for men based on Christ's roadmap to freedom: prayer, asceticism and fraternity.

It aids in the liberation of men so that they can be free to love and serve their families and the Church as God calls them.

Why not gear yourself to join a group or **ask a group of 2-6 friends to join you** in person on a weekly basis... and re-orientate your life to Jesus Christ?

Exodus 90 helps you...

- daily prayer life,
- grow in listening to God
- assist in forming regular discipline
- ensure regular weekly connection with a group of likeminded men,
- become free from habits and excesses (e.g. food, social media attachment) that hold you back from being the man God has called you to be.

It takes 90 days to properly reform old habits, thus the 90 day duration. 30 days or 60 days is not enough.

It is an app based programme, where you and your group each download the app, set a start date, and read the instructional manual 2-3 weeks before you start.

For more info or to join the WhatsApp group, contact Eddie on his email eddie25mcnally@yahoo.com Eddie is coordinating all the Exodus 90 groups.

Here is the Exodus WhatsApp Group for Ireland
<https://chat.whatsapp.com/F1oQmX1o5WaEuygdcYqzor>