

JOIN EXODUS 90!

JANUARY 13 THROUGH APRIL 12

IN JUST 90 DAYS YOU'LL

- GET RID OF HABITS THAT ENSLAVE YOU
- FIND TRUE FREEDOM IN CHRIST
- STRENGTHEN YOUR SPIRITUAL LIFE AND RELATIONSHIPS

PRAYER. ACETICISM. FRATERNITY.

Are you ready? Getting started is simple.

1. Download the Exodus 90 app
2. Form a group or let us help you find one.
3. Email Ben or Phil to let us know you're in. regularjoes@churchofstjoseph.org
4. Plan on attending the Exodus 90 Pre-launch Celebration

& Family Potluck.

Sunday, January 12

7:00pm in the Msgr. Foran Great Room.

"Exodus 90 was a great refreshing break, not just for me, but for my whole family. It was great to be able to let go of distractions and focus on my relationship with God, my prayer, and my family. And the guys I met with were a huge help and great companions along the way" — Paul Langois, parishioner

"In my case some of the many fruits of the Exodus 90 program are a closer relationship with Jesus Christ, greater knowledge and appreciation for my Catholic Faith through Scripture and the Church's ancient tradition of asceticism, and a mutual accountability and authenticity with as much of a Band of Brothers as I have ever known. I am amazed and grateful for what God was able to do for me with a steady diet of prayer, asceticism and fraternity." — Ben Bitzer, parishioner

COME JOIN THE EXODUS!

CONTACT: PHIL OR BEN:

regularjoes@churchofstjoseph.org



REGULAR JOES




CHURCH OF ST. JOSEPH