

EXODUS 90

PRAYER

Read the daily scripture and meditation
Pray a daily holy hour
Pray for your fraternity
Prayer for all men in Exodus
Make an nightly examen

ASCETICISM

Take short, cold showers
Practice regular, intense exercise (at least 3 days a week)
Get a full night's sleep (at least seven hours is recommended)
Abstain from alcohol
Abstain from desserts and sweets
Abstain from eating between meals
Abstain from soda & sweet drinks (white milk, black coffee, and black tea are permitted)
Abstain from television, movies, or televised sports
Abstain from video games
Abstain from nonessential material purchases
Only listen to music that lifts the soul to God
Only use the computer for work, school, or essential tasks
Only use mobile devices for essential communications; nonessential texting, app, and internet use is prohibited
On all Wednesdays and Fridays, abstain from meat and only eat one full meal, as well as two smaller meals that together are not equal to the full meal.

FRATERNITY

Check your anchor daily
Attend weekly fraternity meeting
Pray for your fraternity

Exodus 90 starts on Monday January 13th 2020 and ends on Easter.

If you're interested, contact

Joseph Pacillo

973-563-1553

pacillojoseph@gmail.com