

# ***Exodus 90 Challenges Catholic Men of All Ages Through Faith and Fraternity***

*Men's Movement Expands to Find Fertile Ground Beyond Just Younger Men*

**Fort Wayne, IN, September 9, 2021** - Exodus 90 is a one-of-a-kind three-month Catholic spiritual exercise for men that offers a challenging journey through the book of Exodus based on three pillars: prayer, asceticism, and fraternity. As the movement continues to expand now reaching men of all generations and stages of faith journey, Exodus 90 summons men back to the foundations of their faith in order for them to experience freedom from worldly addictions to better love those entrusted to their care.

Created by Fr. Brian Doerr in 2013 as a seminary formation program at Mount St. Mary's Theological Seminary in Emmitsburg, MD, Exodus 90 has since grown to include opportunities for laymen under the leadership of James Baxter, former seminarian and now CEO. Early on, the co-founders recognized that these tools, designed to help young men find personal freedom in preparation for the priesthood, were needed by men of all ages and vocations battling a culture of self-indulgence and disordered passions. As the movement grew, so did the age range of participants; Exodus 90 is now thriving in places like FOCUS college campuses, Knights of Columbus councils, and in parishes all over the world.

For 90 days, men form a small fraternity for accountability and support, commit to making a daily holy hour, fast two days a week, limit the use of technology, and offer up specific personal sacrifices like taking cold showers. On the 91st day, 99 percent of men report experiencing a freedom from previous attachments to sins and pleasures of the world. Since its founding, more than 50,000 men from around the world, including priests and bishops, have journeyed through Exodus 90.

Because Exodus 90 asks men to willingly abstain from many modern distractions, lay men often hesitate to sign up, fearing it will negatively impact their wives and families. However, the opposite has often been reported. "Husbands and fathers who take on Exodus 90, regardless of their age or how long they've been married, experience a new freedom from worldly attachments and are able to be more present to their families," shares Baxter. "By building up men in the Church, we're helping to restore the family unit and cultivate a new culture for the next generation."

Exodus 90 originally attracted younger men who were more engaged in their Catholic faith. Over the past few years, a larger audience of participants has emerged as the spiritual exercise has gained traction throughout the Church. No longer just for the "uber-Catholic," Exodus 90 now reaches men from all stages of the faith journey, oftentimes acting as an entry point for the average Catholic pew-warmer seeking a way to grow in faith outside of traditional parish programs and Bible studies.

“Our audience continues to expand and pull in men of all ages and stages of faith engagement.” reports Nathaniel Binversie, Director of Content for Exodus 90. “Men thrive on challenge, and Exodus 90 can be an attractive path to a deeper relationship with Christ in everyday life.”

With fraternity as a key pillar of the program, men are encouraged to form a small group to journey with throughout the 90 day period. Though groups can choose to start at any time, most men choose to take on the journey 90 days leading up to Easter Sunday, this year being January 17.

For more information on Exodus 90 and a complete press kit, visit <https://exodus90.com/media-kit/>.

To request an interview with James Baxter or Nathaniel Binversie, contact Carrie Kline at [carriek@revolutionizingmissions.com](mailto:carriek@revolutionizingmissions.com)

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Since 2013, Exodus 90 has evolved into a powerful 90-day spiritual exercise that reaches across the globe to impact fraternities in more than 65 countries, freeing over 50,000 bishops, priests, and laymen from enslavement. Through a regimen of daily prayer, asceticism, and fraternity, Exodus 90 summons men back to the foundations of their faith, stripping them of worldly addictions and reinvigorating their devotion to Christ.