



The Most Reverend Charles C. Thompson
Archdiocese of Indianapolis

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1 December 2020

Dear Priests, Deacons, and PLCs,

Many of you may have heard of Exodus 90, a ninety-day spiritual exercise for men based on three pillars: prayer, asceticism, and fraternity. To date, more than 30,000 men from every state in the U.S. and more than 65 countries worldwide have participated. Exodus 90 is based in Fort Wayne, Indiana. I approve of this apostolate in the Archdiocese of Indianapolis.

Our Sunday Visitor funded a Tracking Study to analyze the impact of Exodus 90 on the men who participated. The findings are quite impressive. In practically all areas measured, there was significant improvement. For example, men reported significant quantitative and qualitative growth in daily prayer, particularly in silent prayer. Many began the program struggling with wasting time and screen time. This struggle decreased significantly through Exodus 90. Married men reported improved relationships with their wives and children. Those who had struggled with addictions like pornography reported progress in overcoming addictions and experiencing greater freedom in their lives.

Exodus 90 is having a positive impact in the lives of lay men, priests and seminarians in the Archdiocese. Participants report they experience more freedom in their lives. Through Exodus 90's discipline of prayer, asceticism, and fraternity, men have grown in freedom and self-mastery. They report a more intentional Christian life, thus experiencing more peace and joy in their lives. They have become more active in the practice of the faith, in parish involvement, and in stewardship. In a word, they have become closer to God and to the Church.

Exodus 90 now has resources for implementation at the parish level. You can access these resources at the following link: Exodus90.com/Indy. You may wish to invite the men in your parishes to do Exodus 90 starting January 4, 2021 to journey through Lent and end on Easter Sunday. Thanks to the generosity of OSV, Exodus 90 will also be available in Spanish.

I hope this information is helpful to you. May God bless you and your ministry with His abundant grace during this Advent season!

Sincerely yours in Christ,

A handwritten signature in blue ink that reads 'Charles C. Thompson' with a small cross symbol to the left of the name.

Most Reverend Charles C. Thompson
Archbishop of Indianapolis