



**FIAT90
INFO
PACKET
2023**

FIAT90: An Introduction

Based off the Exodus90 and Nineveh90 programs, Fiat90 is an opportunity for women to grow closer to God, closer to each other, and closer to the authentic femininity that we are called to.

Mary served God in all ways. She continually offered a yes, and as a result, God graced her with the purity needed to fulfill His plan for her. In contrast, when we say no to God, we turn away from Him and His graces. Thus, we are less equipped to fulfill His plans for us. We are called to be like Mary and offer our own *fiats* so that God can mold us and use us for His plan.

Through 90 days of prayer, fasting, and aestheticism, we choose to more fully submit our lives to God's will. Disciplining ourselves in this way merits beautiful graces, but it also gives us the opportunities to master self-control and think more clearly.

FIAT90: Our Background

I know men that, for the past few years, have embarked on the Exodus 90 journey, altering their lifestyle to include prayer, fasting, and aesthetic practices. In 2019, a group of girls attempted to complete the Nineveh90. FIAT90 is similar to EXODUS90 but focuses on a number of Marian prayers (Nineveh can also be completed by either men or women and was developed in preparation for the 100th anniversary of Our Lady of Fatima). When I say attempt, I mean that this is all that it was, an attempt. Before the 90 days were over, I began reflecting on why my guy friends had been so successful while we...had not. I came to three conclusions.

First, there was a serious lack of accountability in our small group. Whenever one of us messed up, we would confess to the group and receive a chorus of "That's okay," "Don't worry about it," and "As long as you're trying." We were great at encouraging each other, but not great at holding each other accountable.

Second, we never met in person as a group. I believe that in-person check-ins bring accountability and encouragement to a new level; it also reinforces the community that you have formed.

Finally, Exodus is aimed at men. Nineveh is aimed at men *or women*. *I came to the belief that if we were completing a program to help us grow in our femininity, we would be more successful because we were growing close to God's natural plan for us.*

The next step was to create a program. On Holy Thursday 2019, I sat in a parking lot after visiting Seven Churches, and my friends and I created an acronym that would guide our next steps: FIAT: Faith. Integrity. Accountability. Truth. Over the next few months, we looked at both Nineveh and Exodus and created the practices that we believed would merit grace, draw us closer to God, and help us grow as women. We also discovered a small program called Fiat that was developed at Benedictine College. While most of us were no longer in school and many of their practices did not apply, I will still give them a shout-out for inspiration.

Fiat 90: Disciplines and Practices*

Disciplines of Our Bodies:

- **Fasting:** Fridays and another day during the week (personal/ group choice) Ex. 2 small meals and 1 large meal, while the 2 small meals together do not equal the large meal. (See FIAT90 Manual for details).
- Waking up after the first alarm, getting up and starting your day.
- Exercise (3-5/ week)
- Fast from desserts, sweets, and alcohol
- No snacks in between meals

Disciplines of Our Minds:

- **Practice of no gossiping/ complaining**
- Limited TV and movies – only when with others for a specific purpose
- Only listen to music that lifts the soul to God
- No phone use after 9PM
- No social media
- No unnecessary purchases (offering up worldly pleasures)

Disciplines for Our Souls:

- **Spiritual Adoption:** Choose a person who is living, deceased, or unborn (can be known to you or unknown) and spiritually “adopt” them, offering up your prayer and sacrifice
- **Marian Devotion:** Incorporate a new Marian devotion into your daily prayer life (Rosary, Angelus, St. Teresa’s Flying Novena, Memorare, etc.)
- **Confession:** Attempt Bi-weekly - Monthly
- **Spiritual Reading/ Prayer:** 15 minutes of Spiritual/ Bible reading (schedule included on Calendar)
- **Marian Consecration:** St. Louis DeMontfort Marian Consecration or 33 Day Morning Glory- Marian Consecration (Optional Schedule provided on Calendar)
- Novena: 54 Day Rosary Novena (Optional Schedule provided on Calendar) Other novenas are optional as well, but highly recommend printing it out or having it easily accessible on your phone ahead of time.
- Attempt Daily Mass
- Morning Offering (ex. Inside Front Cover)
- Examen (ex. Inside Back Cover)

*Disciplines and practices will be explained more in the FIAT90 Manual that will be released with the booklet, the first week of December. Refer to that pertaining the different disciplines descriptions and why they are included.

FIAT90 Q&A

Why is FIAT90 so focused on Mary, the Mother of Jesus?

As Catholics, Mary plays an instrumental role in our faith and growing in virtue and grace in living out God's plan for our lives. The Blessed Mother was the first woman to Yes to God and Trust him with her whole being and her child. And as it brought her great sorrow and pain, she continued to say Yes to God's plan even though she was to experience the great heartbreak and piercing suffering. Our Lady knows the struggles we face each day and is there constantly to take our prayers to her Son.

Can FIAT90 be done at other times of the year?

Yes, there is a schedule in the manual and on the home page of this site, of other Feast Days and religious holidays that you can do FIAT90 as well.

Why is FIAT90 typically done leading up to Easter?

The 90 days leading up to Easter is most common, because of the aspect of Jesus living his most difficult days leading up to his crucifixion and Resurrection. And He calls us as Christians to unite ourselves in his suffering and offering up our worldly pleasures to serve him and the people he has placed in our lives.

The number of disciplines seems overwhelming and stressful, are all of them mandatory?

No each discipline is not mandatory, and we have realized from personal experience, that there is a point where there can be too many disciplines to be able to focus and be intentional about why we chose to set aside these 90 days. Leading up to the start of FIAT90, take to prayer the list of disciplines, and ask God which ones he is calling you to take on and offer up for Him. The disciplines are meant to be lived out with intention and love. When we get to a point where we are miserable and distressed trying to keep up, we are not giving God our best or the people around us. The disciplines are going to be a struggle and will not be pleasant but be aware if it is causing you distress and/or pulling you away from your relationship with Christ. That is not the intention.

(Note: the checked disciplines in the Booklet are recommended but not mandatory, these are just the ones that we know best work together and can be done in relation to each other.)

Can I do FIAT90 as a mother/ mother-to-be?

Yes! FIAT90 is for women of all ages and in any season of life. Will it look different than others? Yes, most definitely. And that is what is beautiful. You as a mother, have specific responsibilities and a vocation to care for your children. For disciplines, be choosy about which disciplines you want to live intentionally for the next 90 days. If it is only 2 or 3, that is okay! Your sacrifice in taking on those few things is wonderful, and God is going to make it good and beautiful. It is about living with intentionality, growing closer to Christ, and loving on your family.

If you are pregnant, making sure you are taking care of you and your baby and eating a well-balanced diet is priority. Fasting will look different, and that is okay. On days of fasting, you can choose to fast from just sweets, or can fast from a specific thing on those days (phone, social media, coffee, etc.) Or can take on an intentional action (intentional time with family, call a friend you have spoken to in a while, writing someone a letter, knowing you are praying and thinking of them.

I can't do the fasting as need to maintain a balanced diet and healthy relationship with food. Is this a mandatory discipline?

Thank you for reaching out and asking this question, and no it is not. Fasting can look different for everyone. On days of fasting, you can choose to fast from just sweets, or can fast from a specific thing on those days (phone, social media, coffee, etc.) Or can take on an intentional action (intentional time with family, call a friend you have spoken to in a while, writing someone a letter, knowing you are praying and thinking of them. God will see anything you choose as an act of Love and sacrifice and will see it as a gift for him. You are Beautiful, Strong, and Loved.

Why is confession recommended to be done twice a month?

Confession during these 90 days is going to be the main Sacrament (along with the Eucharist) to give you the graces to continue with Joy and Love. Personally, I realized that as I was praying and being in the presence of God each day whether it was praying, reading, or Loving others, my awareness of my sins and the state of my soul was raw and clear. It is not pretty and can be difficult to grasp our imperfectness and mortality, but through the Sacrament of Confession we are made new.

What if I don't have a group to do it with, everyone I asked to join me said no?

FIAT90 is not for everyone. Every individual's faith and relationship with God is different, and this is not the end all, be all. I do want you to be able to have some sort of support group though. It is difficult to place individuals with others who may not be in the same area or season of life, but I can put you in contact with each other. Another option is reaching out to your parish and asking if there may be some woman in your parish who may be interested. That's why I offer the posters and Q&A in a pdf file so it can be shared with those who don't know what FIAT90 is.

Comments from women who have done FIAT90 in the past:

"Developing and then participating in this program granted me a discipline and order that I had been looking for in my life."

"Best decision ever to do it! Planning on doing it again!"

"Don't be afraid! God never lets any of your efforts go to waste."

"Fiat is hard. Keep close to your group."

"Because of Fiat, I still say the Angelus every day on my way to work. It starts my day with peace, serenity, and God. "

"Fiat allowed me to become a woman I have always aspired to be, through God's graces and growing in virtue, reflecting on Mary's Fiat and being connected together with a group of women striving for the same thing. Community is everything."