

2025 Fiat 90

Introductory Letter

Hello All, Samantha here :)

I am so excited to welcome you to the 2025 Fiat 90 Challenge! I'm sure some of you (okay, probably all of you), have questions. First, I hope I can explain a lot about Fiat 90 in this letter. If, however, there is a question/topic I miss that you are still wondering about, please don't hesitate to contact me at my email (it will be at the bottom of the letter).

My own Fiat 90 journey started six years ago. I watched my Dad do the Exodus 90 challenge, and was inspired to try it (well, part of it). It was...hard. Let's just say that was not my best Lent, but that's okay. The whole basis of Fiat 90 is to do our best to imitate Mother Mary and her Son, Jesus Christ. Fiat 90 follows the journey of Mary through part of the liturgical year, including the Passion, and then ends on Easter. Throughout the 90 days we meditate on the Gospels and Jesus and Mary's lives through those times. Five years ago I discovered Fiat 90, which is the journey for women (Exodus is for the guys). At first it daunted me as there were so many guidelines to follow, and I didn't know if I'd have enough time in the day to get everything done. But then I had to remind myself that if we make time for God, He will make time for us. God *never* fails :)

Four years ago, 2021, I created the "formal" Fiat 90 for a few girls who were interested in going through it with me, and it was life changing – literally. Being held

accountable and encouraged by young ladies my age who were striving for holiness and sainthood as much as I am was inspiring. My spiritual life really blossomed, as did my friendships with the girls as we grew closer through prayer and thoughtful discussions. Graces somehow seemed to become more abundant as my eyes were opened to God's direct hand in my life, and I'm sure many of the girls would agree with me on that. It wasn't any easier than it had been the first time, but there was more motivation to not only please God, but to not let the girls I was leading down.

The *Fiat* in Fiat 90 is representative of Mary's Fiat. As women we are all called to imitate Mary in our actions and thoughts no matter our vocation, whether religious, married, or single. We need to find out what God is saying to us in our lives, and give Him *our* Fiat. The *90* in Fiat 90 stands for the 90 day spiritual bootcamp that we'll be going through to prepare for Jesus's resurrection. The program runs from January 20th, 2025, to Easter day, April 20, 2025. It starts before Lent in order to better prepare us for Jesus's 2nd coming. It focuses on building prayer, asceticism, and fraternity (well, I guess it'd be sorority [?] because we're women?). There is another "set program" for Fiat 90, based in the Diocese of Buffalo, but that is geared more towards adult women, rather than us young folk. It was founded in 2019, by a wonderful woman named Lydia! I've been in contact with her over the past few months to trade stories and advice about running the program, and she's really amazing. Be sure to keep her in your prayers! The program she founded took off around 2020/2021, around the same time that I put this program together. For the most part, this whole journey is for the most part designed/coordinated by me! It was rough getting it all put together, but over the years I've gotten a lot of new ideas and a better system as well.

So, without further ado, let's get into the Fiat 90 Guidelines! *rubs hands together and laughs* I have them in three separate categories down below, so you can scroll down to view them. They're based on the website: Holy and Healthy Catholic, but I've made some changes to make it more young women-friendly. I found that they had really clear examples that were also reasonable for me as a high school student (and now a college student!). The guidelines are divided into three sections: praising the Lord through our bodies, souls, and minds. Obviously God wants us to take care of ourselves, but in the right way. The so-called "self-care" of the world today focuses just on our bodies and minds, and is actually very toxic and harmful to the most important part of ourselves: our souls. We are not just body, but body and *soul*. Thus, we need to act accordingly. Fiat 90's goal is to bring the three sections (body, soul, and mind) together in near-perfect unity to better serve our Lord.

Every day we'll be following the guidelines, as well as reading and meditating on the Scripture verses of the day, Saint(s) of the day, and meditating on all this weekly. We'll be meeting weekly (on Sundays) as a group to grow in solidarity and sorority, as well as learn how to apply God's Word to our daily lives. This year of Fiat, I have changed up the theme. For the past few years we have been working through the fruits of the Holy Spirit, and this year we will be focusing on women in the Bible, through the lens of becoming Proverbs 31 women in our own lives. We are also going back to our one-on-one prayer partner system to keep accountability strong. In theory, the goal is to check in with your partner each day, ask for prayers if you're struggling with a certain discipline, talk about which disciplines are going well for you, which ones aren't, encourage each other, and become closer through Christ. Please gals, ask for prayers if you need them. That is what this community is for - Catholics aren't prayer

warriors for nothing you know ;) I know sometimes I struggle with asking for prayers from friends as I feel like sometimes my intentions aren't "good enough" reasons or whatever (which is completely ridiculous btw). Nothing is too small for God.

Alright, this is all I can remember to explain (xD). Feel free to email and ask questions. The email is now: 90dayfiat.2020@gmail.com, and we now have an updated website: (<https://90dayfiat.godaddysites.com/>), as well as an Instagram account for the months when Fiat is not in session (@90dayfiat). Things are looking so official! I'm normally pretty good at staying on top of my emails, so you should get a response within a few hours. Don't hesitate to reach out, I'm here to help! The guidelines are below, and if you are still interested in participating after reading this letter, email me and I'll send you the schedule and sign-up sheet. The sign-up sheet is to record who is participating so I have your contact info. Each week I'll send out an email to the group.

I'm so excited to begin this journey with you! (even if it's just one or two of y'all ;)) Remember to take it day-by-day, and have fun! God doesn't want us to be miserable, but He does want us to be holy.

Mary, Handmaid of the Lord, pray for us!

By God, for God,

Samantha :)

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

~ Luke 1:38

Fiat 90 Disciplines for Discernment in Prayer

Lord, I will praise you through my body

- ❖ *I will eat three meals per day, with no snacking in between.* A meal is defined as one main item and two side items.
- ❖ *I will not eat sweets, desserts, drink soda, or add anything to my drinks.* This means no energy drinks or excessive amounts of coffee/tea as well unless absolutely needed (Gatorade for sports, coffee if you had a really late night, etc.)
- ❖ *I commit to fasting on Wednesdays and Fridays. This fast will contain one full meal and the other two meals will be only one side dish.* I will unite my small act of penance to Jesus's sacrifice on the cross, and especially remember the Holy Souls in Purgatory as I fast.
- ❖ *I will not eat meat (chicken and red meats) on Wednesdays and Fridays (fish is allowed).*
- ❖ *I commit to the Heroic Minute in which I wake up on my first alarm and do not hit snooze.*
- ❖ *I will get at least 7-8 hours of sleep per night.* In order to properly perform my duties as a daughter of God, I need to take care of the body I have and make sure I am getting enough sleep so I can be the best version of myself.
- ❖ *I will work out at least 3 times per week, but I will not push my body outside of my limits.* God has given me my body to be His temple and I need to maintain it as such. I should not be prideful in how I look or how much I work out, but through physical activity be able to serve God.

Lord, I will praise you through my soul

- ❖ *I will spend at least 30 to 60 minutes per day in prayer.* Prayer is the most important aspect of my life. I need to be able to share everything with God, and I can only do that properly when I allow Him to share with Me. (My prayer time may include: a Holy Hour, Lectio Divina with the daily Gospel, the Rosary, Divine Mercy chaplet, a daily Examen, etc.)
- ❖ *I will attend Mass each Sunday (or Saturday evening) and daily Mass when I am able.* As a busy student I'm not always able to make it to daily Mass, but I will always attend on Sundays and pay attention during the sermon, and do my best to make it to daily Mass even when I am tired.
- ❖ *I will receive the Sacrament of Reconciliation at least twice a month.* Frequent, but not scrupulous, confession is a healthy boost for my soul. God does not live in chaotic and blackened souls, but only souls that are clean and welcoming to Him.
- ❖ *I will spend time in Adoration as often as possible.*
- ❖ *I will spend more time with Jesus on Sundays just enjoying His Presence.* I will refrain from dashing immediately to the social hall or outside after Mass, and say a few prayers of thanksgiving and adoration to God before I leave.
- ❖ *I will pick at least one (or more) spiritual reading book to try to meditate on and read through during these 90 days.* "Ignorance of scripture is ignorance of Christ," as St. Ignatius has said, and if I can't expect to grow closer to Jesus if I do not make the effort to learn about Him and His Church.

Lord, I will praise you through my mind

- ❖ *I will abstain from social media (outside of work obligations), TV and movies.* Even if it is hard, I will offload/delete/log out of all social media accounts/apps, and leave the room when the television is turned on.
- ❖ *I am going to limit my texting and call people when possible instead.* I can forget to text people back, or even text them at all sometimes, and if there's something important that needs to be discussed, texting can make it hard. Calling people adds a certain speciality to my relationships, and helps me really take time to listen and be present with my family and friends.
- ❖ *I will only listen to uplifting music, Catholic podcasts & radio.* During these 90 days my focus should be on God, and my choices regarding what input I receive should reflect that.
- ❖ *I will not make any unnecessary purchases.* If I am given a gift, I will graciously accept, but refrain from buying food/clothes/items I do not need, but merely want.
- ❖ *I will not gossip.* Gossip hurts others, whether they know about it or not. I will do my best to hold my tongue, and redirect conversations that become too involved in others' lives. Drama is merely a distraction to the soul.
- ❖ *I will not complain about things out of my control.* A woman who complains is not attractive to others or to God. If I cannot change it, I will say a prayer and do my best to accept it as God's will.
- ❖ *I am going to do my best not to multitask.* In everything I do I should be giving 100%, not trying to divide my time between a million different tasks. It is unhealthy both for my mind and soul. God deserves my best effort, and oftentimes I am at my best when I can focus on one thing at a time.