

# THE FRANCISCAN HERMITAGE *messenger*

A U T U M N - W I N T E R 2 0 1 0

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Dear Friends of the Hermitage:

The Scriptures have told us to look for the Second Coming, Nirvana, Heaven, Enlightenment, etc. More recently we have been told that we are approaching the 11th hour. What I would like to suggest is that **NOW** is the time!

Jesus, Buddha, Krishna, Mohammad, etc. spoke about the “kingdom” within, the “quiet” within, the primacy of “love” which is within, the place within where there is “no thing”... As I see it, the Truth is within me and what I know to be true I have to live! If Love is the goal then it’s up to you and me to make Love visible. NOW is the time! I don’t think we need to wait for anyone to come. God, Love, Universal Intelligence, Cosmic Energy (whatever you want to call the Divine) is already connected to each of us. We can make Love happen NOW?

What I see happening is a world-wide movement to 1) be aware our connection with the Divine and 2) to make that connection visible in Love..

On Christmas Day, I went to the movies with my Brother Joe and his wife Helen to see *Blind Side*. The movie is a **true story** of an African American youngster, Michael Oher who is kind, gentle, responsible, stable, loving and compassionate. Because of these beautiful traits, he is not accepted by his family, his peers, or his community. He is a model human being, but entirely alone.

One day Leigh Anne Tuohy, a wealthy woman from the suburbs notices him. She too is a kind, gentle, responsible, stable, loving, compassionate mother and wife. She, and her family, take Michael into their home and into their family. They help him to see his value as a valuable human being and to develop his physical and mental skills, which carry him into a professional football career.

When we left the theater, I commented to Joe and Helen: “What a wonderful model for young people today!”

The theater was full of youngsters looking at a real human being who is the image of a truly loving person, a spiritual hero! At the same time, adults were seeing a married couple and family who were also modeling solid spiritual ideals.

My logic went something like this: if this kind of entertainment is being produced for, and accepted by, the general public, it is a sure sign that we are moving in a positive and spiritual direction!

I had much the same reaction when I went to see the movie *Avatar*. You may not know the name Teilhard de Chardin, but he was a Jesuit priest, theologian, philosopher, and paleontologist who lived in the 20th Century. He realized that in the process of evolution, when atoms become more and more complex, they make a leap into a new form called cells. When cells become extremely complex they, too, make a leap to create a new species called plant life. Greater complexity created another leap to form animal life and eventually animal life produced *homo sapiens* (a human **knowing**) appeared (that’s us!).

Continued on Page 2

## *Statement of Purpose*

*The Franciscan Hermitage is an international, inter-faith, life center dedicated to the spiritual, physical, intellectual and professional growth and formation of persons of all persuasions and circumstances.*

*We offer a variety of workshops, lectures, classes and support groups, each designed to empower individuals on their journeys of faith and wholeness.*

*Persons involved with The Franciscan Hermitage are encouraged toward personal growth and development, so that by word and example, they might encourage others on their own journeys of personal growth and development.*

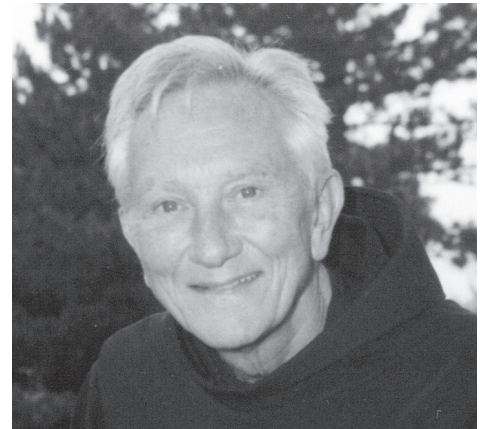


Photo By: Tom Subject

Teilhard predicted in 1935 that it is now time when human beings will begin to make a **conscious** decision to create another new species called “homo noeticus” (a human thinking).

In my estimation, the movie Avatar is an artist’s idea of how this transformation to a higher type of human being will be accomplished. For me, this movie is planting a seed in the minds of children all over the world – a thought that truly valuable human beings are those who choose to be kind, gentle, responsible, stable, loving and compassionate.

This kind of process happened when I was a child. Another artist by the name of Nolan, created a comic series titled *Buck Rogers*. This hero figure was flying into space, in rockets, exploring outer space and creating a whole new world. These images were the seeds, planted in the minds of children who would, in our day, become astronauts.

Again, when I walked out of the theater after viewing this film, I was overjoyed to see this kind of idealism being offered to the youth of today. These are the kinds of ideas that will one day materialize into a whole new and wonderful world.

Another film that is offering the same ideals to children is the movie *How to Tame Your Dragon*.

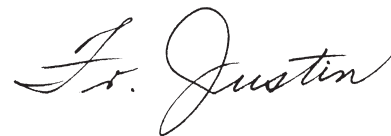
As most of you know, my teaching is about the unlimited resources of the Mind and how we can use meditation to use those resources. Teilhard de Chardin said that the only thing necessary for change is that one person have a thought, and that there be a sufficient amount of time for that thought to materialize.

My dear friends, when you and I are putting images into our minds that depict human beings as being kind, gentle, responsible, stable, loving and compassionate, we are visualizing *Homo Noeticus*. This is the ideal that Jesus gave us, the image that was in the mind of Buddha, the ideal of Krishna, and all other truly spiritual leaders. NOW, you and I can see ourselves, and all human beings on the planet, as *Homo Noeticus*. These thoughts alone can move Universal Intelligence to create that reality. NOW is the time for all of us to be born anew! Meditation is the tool to create this new reality. Use it every day!

With much love and appreciation for your presence in our lives and in our mission, Karen Garinger. Also, I received an endorsement from Fr. Richard Rohr, OFM. I am in 7th Heaven at this writing!

My life keeps getting better and better as time goes on. I continue to be passionate about sharing the tools that have helped me along the way, especially spirituality and meditation. I hope that all of you, who read this letter and who use these same tools on a daily basis, will experience the same fullness and satisfaction in your lives.

With much love and appreciation for your presence in my life,



## Hermitage Happenings

1. LuLu Kinnett, Fr. Justin’s Associate, lost her brother, John Merritt June 28. He was buried on Saturday, July 3rd in Barbourville, KY. All of us at the Hermitage (both here and abroad) extend our sincerest sympathy and prayerful support to LuLu and her family. May God’s love and peace fill their hearts and lives during this difficult time of departure.

2. We would like to take this opportunity to thank both Chris Rathbun and Annette Brogden for their many years of service on the Hermitage Board of Directors. Chris functioned first as CPA and then as Chairman of the Board. Annette offered her services as Legal Counsel. May God bless you both with love, joy, peace, health, happiness and every other good thing!

3. John Cannaday was elected President of the Hermitage Board of Directors. He is a long time volunteer of the Hermitage and associate at St. Vincent Hospital. He holds multiple degrees in philosophy, music, theology and social work. He has co-produced formation resources for the Hermitage and has lent technical expertise to their outreach initiatives. Thank you John for dedicating your time and expertise at this important time in our history!.

4. **Yard Day at the Hermitage – Sunday October 31, 2010.** It is a challenge for us to keep the ground of the Hermitage as beautiful as they are. We could not do it without the generous donation of time from our volunteers. – Mass will be celebrated by Fr. Justin at 10:00 am. From 11 am to 4 pm we will eat, work, and enjoy! - Please bring gloves and yard tools you think we might need. **Everyone is invited!**

### AUSTRALIA

**Wendy Gellard** is our contact in Perth, WA. All Hermitage publications are available through her retreat center, Peace Be Still at +61-8-9571-8108 (both phone and FAX), email [pbestill@iinet.net.au](mailto:pbestill@iinet.net.au) or at this website [www.peacebestill.com.au](http://www.peacebestill.com.au). Wendy can also give you details about **meditation support groups** and all the programs that Fr. Justin will be doing in Australia Mar. – May 2011 (see Fr. Justin’s Calendar for details)

### EUROPE

**Marietta Kovacs** is a certified SFL Lecturer and presents programs in **Geneva, Paris, Brussels, Mauritius and La Reunion**. For information regarding classes and Hermitage publications in **French** (and some in English) please call +41-22-349-8077 or +41-79-342-9977 or email at [kovacs@planet.ch](mailto:kovacs@planet.ch) Marietta also has details of all the programs that Fr. Justin will be giving Sept. - Oct. 2010 (See Fr. Justin’s Calendar for details)

### HOUSTON

**Pat Kerlin** is a certified SFL Lecturer residing in Katy, TX. For information about future Success: Full Living classes, please call **281-703-8666**.

**INDIANAPOLIS****1. BUILDING AND GROUNDS**

Thanks to so many who are helping us keep the grounds beautiful. Fr. Justin puts in one hour every Saturday 11-12 noon. Special thanks to those who are helping him – especially Triesa Hodgson, Tim Jeffers, Pat Kelley, Fr. Bert, Sandy Wilcox, Joy Florestano, Kathy Peters, & Dan Nyman, Nancy and Grady Chism, Elliot Berger (and The Warriors). Others are Beth Ann Krier (office), Bob Dwenger (maintenance), Resa Robinson, Kevin Langford & LuLu Kinnett (Energy Circle), Mary Beth Calefax (house keeping), Todd Hadley: windows, gutters and yard.

**2. ENERGY CIRCLE** (the meditation support group) continues to meet every **Wednesday 7-8 pm**. All are invited to this weekly event. We share success stories, do a group meditation, and if there is time, share goals for the coming week. Bring your friends!

**3. LAW OF ATTRACTION - 1st Monday of the month, 7-9 pm (doors open at 6:30)**

This is an on going program for persons interested in learning how to use the *Law of Attraction* to create the life they have always desired. The meetings are based on the publications of the New York Times bestselling authors Esther (Abraham) and Jerry Hicks as well as the DVD and the book *The Secret*.

If you are looking for clarity on issues of health and wellness, finances, personal relationships, or other life issues, Abraham's messages can help you find answers.

If you are not familiar with Abraham, you can get information by listening to an introductory CD on line at [www.abraham-hicks.com](http://www.abraham-hicks.com)  
Facilitator: Carla Dewitt (email: [solutions@indy.rr.com](mailto:solutions@indy.rr.com)) Everyone is welcome. Please join us and bring a friend.

**4. HEALING TOUCH – Available at the Hermitage by appointment.**

Healing Touch is a relaxing, nurturing, energy therapy. It can help reduce stress, calm anxiety and depression, decrease pain, strengthen the immune system, and produce many other restorative effects. It is gentle touch for balancing physical, mental, emotional, and spiritual well-being. 30 and 60 minute sessions are available (special price - for a limited time only). Facilitator: Richard Cornell, Certified Instructor in ChiLei ChiGong, Energy Healing and Thi Chi for Health. For an appointment call: 317-951-9574 or email to [ricka1@sbcglobal.net](mailto:ricka1@sbcglobal.net)

**5. SILVA LIFE SYSTEM (SLS)**

This is the Silva entry program. We schedule it each year in Indianapolis immediately after the first of the year. First Hour of the Class is free and open to the public and will be presented at the Hermitage on Monday, Jan., 3, 2011 at 7:30 pm. The class continues Saturday, Jan. 8 and Sunday, Jan. 9. A flier with details will be sent out at a later date. [ricka1@sbcglobal.net](mailto:ricka1@sbcglobal.net)

**6. THE HERMITAGE STILL HAS NEEDS**

a) We need help marketing our publications and/or programs on the Internet.

b) A long-range and challenging project is to take down the fire-place and chimney in the back yard, and use the bricks to construct a labyrinth in the backyard lawn.

c) Cleaning – Would you like to  
Clean the chandelier?  
Clean a carpet?

d) Would you like to adopt a garden?

**Help Fr. Justin on Saturday 11-12 noon?**

Be part of the yard committee?

e) Could you be on call for small maintenance jobs?

f) Would you be interested in helping with this newsletter and/or with a promotional Hermitage brochure?

g) Fr. Justin needs someone who could help with computer entries (this could be done at home).

h) We are looking for a legal professional who can do pro bono work for us.

**LINCOLN, NE**

**Pat Floodman** is our sponsor and contact in Lincoln. If you need any information please call: **402-489-3219**.

**OMAHA, NE**

**Josephine Garretson** hosts a **Metaphysical Class and Energy Circle 1st & 3rd Monday** of each month at **Unity (3424 N. 90th)** 7-8:30 pm – A **2nd Energy Circle** meets every **Sunday, 7-8 pm** at the home of Judith Weidner (6205 N. 31st Ave). A **3rd Energy Circle** meets every **1st & 3rd Thursday** of each month, 7-8pm at Unity in the Y.O.U. Room upstairs.

**Sun. July 10, 2011 – Unity of Omaha** - Fr. Justin preaches at the 10:30am Service – Workshop with Fr. Justin at 1 pm

**Mon. July 11, 2011** – Free 1st hour of the Silva class at 7:30 at the Hampton Inn, (Westroads)

**Thurs. July 14** – Fr Justin facilitates Silva Graduates' Energy Circle 7 pm

**Sat. & Sun. July 16-17, 9am-6pm** Silva SLS at the Hampton Inn (Westroads)  
(For details on all of the above activities call Jody at **402-334-8154** or **402-203-3514**) or email [jodygar@cox.net](mailto:jodygar@cox.net))

**JUSTIN'S CALENDAR**

Sept 16 – Paris

Sept 24-25 – Austria

Oct 1-3 – Brussels

Oct 8-10 – Geneva

Oct 12-19 – Italy

Oct 22-23 – Malta

Oct 31 – Indy - Mass at the Hermitage, 10 am  
Yard Day 11am – 4 pm

Dec 26 – Indy - Masses at St. Matthew Church

Jan 1, 2011 – Indy - Masses at St. Matthew Church

Jan 2 – Indy - Masses at St. Matthew Church

Jan 3 – Indy - 1st Hour of Silva Life System

Jan 8-9 – Indy - Silva Life System, Indianapolis

**HELP THE HERMITAGE SUPPORT PEACE**

1. Wear something white every Wednesday to remind yourself and others to support

World Peace (T-Shirts are available at the Hermitage).

2. Pray the rosary for World Peace (JJ Gufreda provides rosaries to the Hermitage).

Rosaries are also available from Bob Dwenger.

3. Use the Peace and Healing Relationships meditations daily (or at least once a week).

4. Use the Peace Prayer of St. Francis everyday (we have copies if you need one).

**SUCCESS STORIES**

The first printing of Fr. Justin's book *Success: Full Relating* (published in February) has already sold out and is in its second printing. If you are interested in obtaining a copy of this important volume, contact us here at the Hermitage 317-545-0742, or visit our website at [FrJustin-Hermitage.org](http://FrJustin-Hermitage.org).

Fr. Justin is also on U-tube which can also be accessed at our website.

(For more success stories, please visit our website).

**SUCCESS STORIES**

Barbara Stahura is a former student of Fr. Justin. We hope to have her here for a workshop some day: Barbara has been a professional writer since 1987. She is also a certified instructor of Journal to the Self®. After her husband, Ken Willingham, sustained a traumatic brain injury in 2003, she created and began facilitating a journaling workshop for survivors of brain injury. Those workshops were the basis for her book, *After Brain Injury: Telling Your Story* (Lash & Associates Publishing/Training, 2009), co-authored with Susan B. Schuster, M.A., CCC-SLP. It is the first journaling workbook for people with brain injury. She also facilitates workshops designed for family caregivers, based on *Journal to the Self* by Kathleen Adams.

See [www.barbarastahura.com](http://www.barbarastahura.com) and  
<http://journalafterbraininjury.wordpress.com>.

Please see our website for more success stories  
[www.FrJustin-Hermitage.org](http://www.FrJustin-Hermitage.org)

**PERFECTLY HUMAN**

by  
**Fr. Justin**

Masterpieces, one and all -  
That's what humans are!  
God's the artist, Love's the base!  
We're all Avatar!

Part of "human" is free will,  
All of us make choice.  
Indeed, this gift is one in which  
We can all rejoice.

When you're kind and gentle too,  
You will feel good.  
These are traits that help create  
Man- and woman-hood.

In God's mind there is a model,  
Mirrored in the Christ.  
We're supposed to follow Him  
Practice sacrifice!

We are being called to grow  
Into God-like beings.  
Spreading joy and happiness  
Loving life not things!

Using words like thanks and please,  
Make us valuable!  
Honest compliments and smiles  
Carry a clear love-label.

Sitting with a friend to be  
his or her lifeline,  
Shows that you're compassionate  
A person that's Divine.

Skills of love are lots of fun.  
Choose to be a Light  
You can be an Avatar,  
A spiritual socialite.

**IMPORTANT NOTICE:**

We have closed our  
P.O. Box 30248  
Indianapolis, IN 46230

Our ONLY address is:  
**Franciscan Hermitage**  
**3650 East 46th Street**  
**Indianapolis, IN 46205**

Sorry for the inconvenience.  
Love and appreciation,  
Justin

**If you have an email address** and are receiving a hard copy of this newsletter, please send your email address to

**[jeanmarie572000@yahoo.com](mailto:jeanmarie572000@yahoo.com).**

**Thanks very much!**

The Franciscan Hermitage, Inc. is a tax exempt not-for-profit organization. Our financial support comes from class tuitions, donations, and the distribution of books, CDs, etc. Thank you for your prayers, your participation in our programs, and your individual gifts. God bless you and your loved ones!

**Attention: Postmaster**  
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