

# THE FRANCISCAN HERMITAGE messenger

SPRING — SUMMER 2013

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## A Message From the Chairman of the Board of Directors



John W. Cannaday

Many of us may recall the horrific event at Virginia Tech in April 2007. On that day, a very disturbed young man shot and killed 32 people and injured 17 others. It was a day of unspeakable loss and pain. After watching news coverage of the Virginia Tech shooting, a middle-aged man from Cleveland felt compelled to travel to the campus.

Bob Votruba spent time in Blacksburg, Virginia, witnessing thousands of people mourning this catastrophe. He said, "I thought, 'There's something missing here. There are some individuals who just aren't getting the message of some of the core values that I think we should all grow up with.' So, I set a goal of one million acts of kindness for each and every individual."

Since that time, Bob bought an old school bus, and with the help of family and friends, painted the exterior with words of love and hope and began a 4,000-mile journey to every part of our country. His one goal: to spread kindness and encourage others to do the same ([www.onemillionactsofkindess.com](http://www.onemillionactsofkindess.com)).

I share this amazing and moving story, because I think there's a message here for us at The Hermitage. For those of us who have participated in the wonderful programs The Hermitage offers and the personal and transformative growth that has resulted, we may then ask the question, "What now?" "What should I do, now that I know more, feel more, perceive more...?"

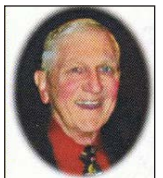
I think Bob Votruba offers us some help. Find your passion. Allow the universe to reveal to you your purpose and then ACT. As many of you know, Fr. Justin wears white on Wednesdays as his personal witness to promote world peace—one simple act springing forth from a deeply-held belief that each of us has the capacity to do something, however seemingly insignificant, to move humanity forward.

What is yours? What will you do? What sparks your passion to make a difference?

It is our hope that whatever nourishment you received from your time with us at The Hermitage will energize you to create and follow your own path.

## Dear Friends of The Hermitage:

On January 2, my brother, Jack, died in Omaha, Nebraska. He was the Patriarch of the family and took care of all of us. I didn't realize how close we were until I got back to Indy after the funeral. All my life, he was there for me in so many ways, and he was always concerned about The Hermitage and its mission. He gave me and The Hermitage spiritual, moral, and financial support for more than 50 years. I know he is



Dr. Jack Belitz  
1933-2013

(continued on page 2)

## Dear Friends of The Hermitage: *(continued from page 1)*

now in a state of perfect love and is in the presence of our parents and siblings. I'm also sure that, from his new home, he will continue to help me and the work of The Hermitage. May we all live with the sense of service that was the hallmark of his life.

Jack's death got me thinking about life. When was the last time that you gave serious thought to YOUR life? What a gift life is. Think about it. You're immersed in life every minute of every day, but how often do you *consciously* pay attention to this experience? If you're a parent, think back to the time your first born was put in your arms. That moment is life transforming. The child is in your arms and you become one with this magnificent creation. Life in you is now expressed in the life of your child, and that experience is overwhelming. This kind of reflection on life changes you and makes you a better person. Conscious awareness of life's experiences, like this, can move all of us to feel joy and peace, as well as oneness with everyone and everything. What a gift!

Recall when you "fell in love" the first time, how you *felt* as this other person helped you "light up." This kind of *conscious* awareness brings new meaning to our lives and a sense that we are ONE with the others whom we love.

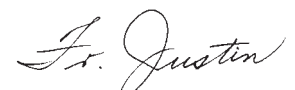
The amazing thing about life is that it is only ONE Energy. Parents share this Energy with their children. But the parents' lives are not *duplicated*. Only extended. A child is not another life. It is a new expression of the parents' life. And, so it is with all living things. One Life Energy exists in every living thing. We all share that ONE life energy. It's like the Life in every cell of your body. Each cell is alive and works to extend Life to every other cell. Billions of cells but only One Life Energy creates our bodies, our world, our universe.

Pay attention to how you feel when you smile at another person or when you greet another person (even someone you don't know). Pay attention to what happens when you give an honest compliment. Relish the joy that comes when you're having lunch with a friend, listening to beautiful music, looking at the night sky, feeling the warmth of the sun, or the cold of winter. Life Energy stimulates us every minute of every day. The challenge is to pay attention *consciously* to your being one with this Energy.

Just by being who YOU are enriches ME, and by my being who I AM enriches YOU. Palm trees waving in Florida soothe your spirit, even though you may be fighting the winter wind in Chicago or protecting yourself against the heat of an Australian drought. Fish moving in the ocean send Life Energy to the cells in your body, and these cells respond by enriching the Life Energy, not only in your body, but also in the Life Energy of the entire cosmos.

Pay attention to your breath going in and out. This is the rhythm of Life, gifted to you for an eternity. Fall in love with Life and give thanks!

Love,



### AUSTRALIA

For a list of Fr. Justin's programs and/or Meditation Support Groups, etc., please contact Alison at 08 9341-7344, +04 1795-7161, or [alison\\_frjustin@inet.net.au](mailto:alison_frjustin@inet.net.au).

**Please note:** all Hermitage publications are available through *Just Resources*, Tel No. 040 353 8364 or email: [just.resources6111@gmail.com.au](mailto:just.resources6111@gmail.com.au). Friar Justin will be back in Australia from Aug. 27 to Oct. 10, 2014. (See his itinerary.)

### EUROPE

Marietta Kovacs is a certified SFL Lecturer and presents programs in Geneva, Paris, Brussels, Mauritius, and La Reunion. For information regarding classes and/or Hermitage publications in French (and some in English), please call +41-22-349-8077 or

+41-79-342-9977 or email [info@lamethodesilva.ch](mailto:info@lamethodesilva.ch). (Details of Fr. Justin's speaking tour for 2014 will be forthcoming. Fr. Justin is planning another European tour in Spring 2014.)

### 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—VOLUNTEERS

We want to give a special "Thank You" to so many who have volunteered their time, expertise, as well as spiritual, emotional, and financial support to The Hermitage. We simply could not exist **without** these wonderful people. We continue to need help in the office, the yard, at our programs, etc. If

you're interested in being part of our volunteer pool, please let us know. We can use your help. If you can't offer your time but would still like to help us as benefactor, perhaps you might be interested in helping us financially. All donations are deeply appreciated, and, of course, are tax-deductible.

**2–Great American Cleanup Day at The Hermitage, Sat., April 13, 2013, (11 a.m.-2 p.m.) Coordinated by Kathy Peters and LuLu Kinnett**

You can be part of this ever-growing endeavor to Keep America Clean! The Franciscan Hermitage community is participating in this event. We will be picking up trash in front of The Hermitage and the Friary, and along 46<sup>th</sup> Street between Sherman Ave. and Millersville Rd. To participate, come to The Hermitage wearing comfortable clothing between 10 and 11 a.m. We will provide gloves, trash bags, water, tea, and coffee available. Following the event, we will have a pitch-in lunch. The goal is to mix work with fun, so, please call LuLu at 317-545-0742 if you can join us.

**3–SILVA INTUITION CLASS**

**Silva Intuition System**

**Fri., May 3, 2013 (7-9 p.m.) Class begins.**

**Sat. & Sun., May 4-5, 2013 –9 a.m.-6 p.m. Class continues.**

**Please note this program is only OPEN to graduates of the Basic Lecture Series and those who have completed the Silva Life Programs.**

For details on these programs, see our website:

[www.FrJustin-Hermitage.org](http://www.FrJustin-Hermitage.org) or contact LuLu at 317-545-0742 or 317-250-6888.

**4–SUCCESS: FULL LIVING**

**Mon., June 3, 2013–7:30 p.m. First hour of the class (free and open to the public)**

**Sat. & Sun., June 8-9, 2013 –9 a.m.-5 p.m. Class continues.**

To register for this class, contact LuLu at 317-545-0742 or 317-250-6888.

**5–SILVA MEDITATION CLASS**

**Tues., Aug. 6, 2013, 7:30 p.m. First hour of the class (free and open to the public)**

**Sat. & Sun., Aug. 10-11, 2013 –9 a.m.-6 p.m. Class continues.**

For details on these programs, see our website:

[www.FrJustin-Hermitage.org](http://www.FrJustin-Hermitage.org) or contact LuLu at 317-545-0742 or 317-250-6888.

**6–THE LAW OF ATTRACTION**

**First Sunday of each month, 6:30-8:30 p.m. (doors open at 6 p.m.) Facilitated by Graehme Hall from Lafayette, IN.** This is an ongoing program that facilitates learning how to use the Law of Attraction to

create the life you have always wanted. The meetings are based on the publications of *The New York Times* bestselling authors Esther (Abraham) and Jerry Hicks, and the DVD and book *The Secret*.

**7–HEALING TOUCH AVAILABLE AT THE HERMITAGE**

Healing Touch is a relaxing, nurturing, energy therapy facilitated by Richard Cornell. For more information or to book an appointment, call Lulu at 317-545-0742 or email: [lulugk@att.net](mailto:lulugk@att.net).

**8–BOOK CLUB–DISCUSSION GROUP**

**Facilitated by Misty Khalifa, RN, BSN**

The group meets the first and third Tuesday of the month from 7-9 p.m. (Free and open to the public.) The book is *The Power of NOW*.

**9–HU Song (a spiritual exercise)**

**Facilitated by Allen Jackson**

Second Tuesday of each month from 6:30-7:30 p.m. (open to the public). For more information, contact Lulu at 317-545-0742.

**LINCOLN, NE**

**Pat Flodman** is our sponsor and contact in Lincoln.

If you need any information, please call her at: 402-489-3219.

**OMAHA, NE**

***Silva Life System***

**Mon., July 8, 2013, 7:30 p.m. First hour of the class (free and open to the public) at the Westroads Hotel and Suites.**

**Sat. & Sun., July 13-14, 2013 –9 a.m.-6 p.m. Class continues.**

(For details about this program, see our website at: [www.FrJustin-Hermitage.org](http://www.FrJustin-Hermitage.org) or contact Karen Marx at 402-672-2810 or The Hermitage at 317-545-0742 or LuLu at 317 250-6888.)

**ENERGY CIRCLES (Meditation Support Groups)**

It's much easier to keep meditation in your daily life if you have the support of others who are meditating every day. These support groups exist wherever Fr. Justin's courses have been taught. In Indianapolis, contact LuLu at 545-0742 or 250-6888. In Katy, TX, contact Pat at 281-703-8666. In Australia, contact Alison at 011-61-04 1795 7161. In Omaha, contact Karen at 402-498-5708. In Europe, contact Marietta at +41-22-349-8077 or +41-79-342-9977. Also, see our website at [www.FrJustin-Hermitage.org](http://www.FrJustin-Hermitage.org).

**ENERGY CIRCLE–In Indianapolis**

Meets every Wednesday 7-8 p.m. (Free and open to the public.)

## FR. JUSTIN'S CALENDAR

May 3-5-Indy, **Silva Intuition System Class**  
 May 19-Indy, Hermitage Mass  
 May 25-26-Indy, Masses at St. Matthew Parish  
 June 2-Indy, Hermitage Mass  
 June 3-Indy, First Hour of **Success: Full Living**  
 June 8-9-**Success: Full Living continues**  
 June 16-Indy, Hermitage Mass  
 June 22-28-Seattle, AUSCP Conference  
 June 29-July 6-Vacation  
 July 8-Omaha, **Silva Life System**, First Hour of Class  
 July 13-14-Omaha, **Silva Life System continues**  
 July 20-Sacred Heart, Day of Recollection  
 July, 26-Aug. 5-California  
 Aug. 6-Indy, First Hour of **Silva Life System**  
 Aug. 10-11-Indy, **Silva Life System Continues**  
 Aug. 27-**Leave for Australia**  
 Aug. 31-Sept. 5-Willetton, Parish Renewal (SFL)

Sept. 7-Scarborough, Uniting Church Day of  
 Recollection (SFL)  
 Sept. 10-Mercycare, One-day workshop (SFL)  
 Sept. 13-Santa Maria College, Day of Recollection  
 (SFL)  
 Sept. 14-19-Australia, 2<sup>nd</sup> Parish Renewal (SFL)  
 Sept. 27-Bateman, Yidarra Primary School (SFL)  
 Sept. 27-First Hour of SLS at Redemptorist Retreat  
 House  
 Sept. 28-29-SLS continues  
 Oct. 1-One-day workshop, SJOG (SFL)  
 Oct. 4-6-St. Catherine College at UWA (SIS)  
 Oct. 8-Party to Melbourne  
 Oct. 9-One-day workshop SJOG (SFL)  
 Oct. 10-Melbourne to USA  
 Nov. 16-Indy, Yard Day, 11a.m.-1 p.m.  
 Nov. 16-17-Washington, DC, **Success: Full Living**  
 Workshop

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**THE FRANCISCAN  
 HERMITAGE**


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 email: [hermitage@FrJustin-Hermitage.org](mailto:hermitage@FrJustin-Hermitage.org)

**Attention: Postmaster**  
**Do Not Delay. Time Sensitive Material**

### Life

by Fr. Justin

Life is such a glorious gift  
 Given all around us!  
 Flowers, trees, and animals  
 Conscious and aware!

In our bodies, a trillion cells  
 Vibrate like a song.  
 Endless music, cosmic dancing  
 Let's all sing along.

Sense a breeze or the winter wind,  
 Touch a loving hand.  
 Kiss a child or hug your Dad  
 Nothing need be planned.

Let your mind be conscious of  
 Beauty all around.  
 That's the way we contact Life,  
 And make your love abound!

You give Life to everyone  
 Every time you smile!  
 Warm embraces, compliments  
 Are the extra mile.

Life is like an endless thread  
 Weaving all creation.  
 So it is that we are ONE  
 Heavenly vibration!

Look within you deep inside  
 There you'll always find  
 You're connected, not rejected,  
 By Universal Mind.

Be awake and sensitive,  
 Life is all around you!  
 Loving you, embracing you,  
 Making all things new!