

**Please note: VERY IMPORTANT**

It is financially difficult for us to continue publishing the hard copy of our Newsletter.

**PLEASE:** If you wish to continue receiving the hard copy of our Newsletter, we ask that you subscribe with a Newsletter donation of \$10 or more, if you can afford it. We will then make sure you get the hard copy of each Newsletter. We appreciate your continued interest in our mission and continue to keep you in our daily prayers and meditations.

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Dear Friends of the Hermitage:

It may be challenging for you to understand that all of humanity is connected, but that is the reality! Your body is a good comparison. The body is made up of 37 trillion individual cells. Each cell has intelligence and they are all communicating with one another constantly. Their purpose is to sustain the Life Energy that is common to every cell, so that the body can be

healthy and functional.

Humanity at the present time is about 8 billion and like each cell in our bodies we each have intelligence. We are all connected in the same Life Energy and our purpose is to communicate with all of humanity and create a healthy and functional global community. The difference between the individual cells in our bodies and the individuals that make up humanity is that each human being has free will. We can choose to work with all other human beings on the planet or we can choose not to work with the rest of humanity.

Both theology and science tell us that there is only one Divine, Cosmic, and Unconditional Love Energy that has created and sustains the entire universe. It is this Love Energy (or God Energy) in which we are all connected. Love is the essence of who we are!

Recall a time when you had a profound love experience. Reflect on what that feels like. When you allow Love to flow through you to everyone around you by being kind, loving and compassionate, you experience joy, peace, and a happiness that you would like to last forever. That kind of experience is what we refer to as “heaven”.

However, when you stop the flow of your love and choose to be fearful, judgmental, angry, hateful and critical, you feel depressed, sad, weak and lethargic. That kind of experience is what we refer to as “hell”.

Please note: YOU make the choice and you create the experience.

If you want to create heaven in your life, meditate daily. It is this discipline that will keep you consciously aware that you are one with Divine Love. It is this practice that will show you how to allow Love to flow through you always. It is this kind of prayer that will lead you to joy, peace, health, happiness and every other good thing!

With love and appreciation for your presence in our lives and in mission of the Hermitage!

*Justin*

## REGULARLY SCHEDULED PROGRAMS AT THE HERMITAGE

### Every Tuesday Night – 7:00-8:00 p.m.

#### **YOGA for Beginners (Donation \$10.)**

All Welcome! Instructor, Janet Montes-Phelps, has designed her class for Beginners, people who need chair Yoga, or limited mobility, or anyone wanting to increase body awareness, health, fitness and flexibility.

### Second Tuesday of the Month – 6:30-7:30 p.m.

**HU, A Song of God, Meditation.** Facilitated by: Allen Jackson (All welcome! – no charge)

### Every Wednesday Night – 7:00-8:00 p.m.

#### **ENERGY CIRCLE MEDITATION GROUP**

All welcome! (Fee by Donation) First half hour Introductions and Success Stories, Second half hour a Guided Meditation. Facilitated by Silva Graduates.

### First Thursday of the Month 7:00-8:45

**p.m.**

#### **ONENESS BLESSING MEDITATION GROUP**

(All welcome – A fee of \$10. donation recommended.)

**Oneness Blessing Givers will give Blessings during the Meditation.** Facilitated by: Chuck Reynolds, Oneness Blessing Trainer.

### Second Thursday of the Month 7:00-9:00

**p.m.**

#### **Empowered Heart Coherence – (\$10.00 Donation)**

Lead by: Ray Havlin, Certified HeartMath Trainer & Mentor. You will learn what heart coherence is and why it is so important.

### Third Thursday of the Month 7:00-9:00

**p.m.**

**Law of Attraction Group Meeting** (All welcome) Facilitated by Beth Breeden (fee \$10.)

## WORKSHOP FOR Dec. 1 & 2, 2018

Success: Full Living Workshop with Fr. Justin

Location: The Hermitage Indianapolis, IN

**Class dates: Sat. & Sun. Dec. 1 & 2, 2018**

**Class Times: 9:00 a.m. – 5:00 p.m. both days.**

**Prepaid \$175. Regular price \$200.**

Call or email LuLu at 317-545-0742 (after 1:00 p.m.) Email: lulugk@att.net

## WORKSHOPS FOR 2019

### SILVA LIFE SYSTEM MEDITATION CLASS

With Certified Instructor: Kathy Peters

Class dates and times:

**Sat. and Sun. January 19 & 20, 2019**

**Class times:**

**Saturday – 9:00 a.m. – 6:00 p.m.**

**Sunday - 9:00 a.m. - 6:00 p.m.**

“When you learn and practice the exercises and techniques presented in this training you will be able to improve every area of your life.” This is the best Meditation workshop available today.

**Investment: Prepaid \$375. on or by January 14<sup>th</sup>. After January 14<sup>th</sup>, the cost is \$425. A \$100. deposit received by Jan. 14<sup>th</sup> will reserve your seat and qualify you for the \$50. discount, and allow us to order the Manuals in time for the class.**

Silva Graduates retaking the class must register with your ID number. A donation of \$30. is appreciated to help cover the class cost.

### Success: Full Relating “VALENTINE SPECIAL”



**Sat. and Sun. Feb. 16 & 17, 2019 9:00 a.m. – 5:00 p.m. both days**

A course in improvement of all relationships with instructor, Fr. Justin.

Location: The Hermitage

**Valentine Special Price \$175. per person or \$225. for two if prepaid.**

Fee must be paid by February 11, or a deposit of \$50. will reserve your seat, and the remaining fee can be paid at the door.

This workshop will help you to understand how you relate, give you 7 basic principles you can use to develop wholesome and satisfying relationships, and much more.

To reserve your space or if you have any questions please call or email:

LuLu at 317-545-0742 or lulugk@att.net

### Art of Listening Workshop

#### A new workshop

#### Facilitated by Fr. Justin

To help you discover how well you really listen, and deepen your understanding of yourself and others.

**Location: The Hermitage**

**Dates: Saturday, April 6<sup>th</sup> 2019**

**Sunday, April 7<sup>th</sup> 2019**

**Times: 9:00 a.m. – 5:00 p.m. (both days)**

**Prepaid: \$175. if paid by April 1<sup>st</sup>, or a deposit of \$50. will hold your seat, and balance can be paid at the door. Regular price \$200.**

### Success: Full Relating Workshop in Omaha

**Date: Opening Lecture, July 15<sup>th</sup> 2019**

**Time: 7:00-8:00 p.m.**

**Offer for the first time by Fr. Justin**

**Class Date: Saturday, July 20<sup>th</sup>**

**Sunday, July 21<sup>st</sup>**

**Times: 9:00 a.m. 5:00 p.m. both days**

A course in improvement of all relationships.

**Regular Price: \$200. Prepaid: \$175.**

**Seniors & family members \$150.**

Contact in Omaha: Karen Marx

(402) 672-2810 or

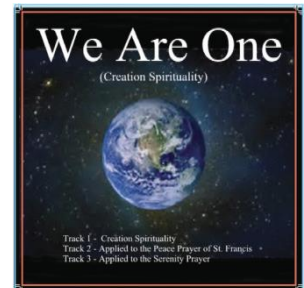
Email: kpazmarx@gmail.com

### OUR NEW CD WILL MAKE A GREAT HOLIDAY GIFT

**We Are One** is the title of our New CD. It captures the essence of Franciscan Spirituality (the Creation Model). Track 2 applies Creation Spirituality to the Peace Pray of St. Francis and the The 3<sup>rd</sup> track applies Creation Spirituality to the Serenity Prayer. This CD captures the true Spirit of the Holiday Season. To order go to our website, or call LuLu at 317-545-0742 after 1:00 p.m. Monday thru Friday. (CD's are \$15. each or 3 for \$40. plus shipping.)

#### **Our New CD – *We Are One***

Nothing changes in the external world unless it is first conceived in the Mind. Change your mind and you change your reality. This CD will help you “see” reality from the spiritual dimension! It will help you “see” yourself as connected to Divine, Cosmic, Unconditional Love. It will also give you insight into how you can change the way you “see” God (or Universal Intelligence). This shift will also change the way you live and love.



#### **Justin's Calendar 2018-2019**

Nov. 28 - Indy - Mass Our Lady of Lourdes  
Nov. 29 - Indy - Mass Our Lady of Lourdes  
Dec. 1-2 - Indy - SFL Workshop  
Dec. 3-8 - St. Louis - Inter Provincial Meeting  
Dec. 18 - Indy – Day of Recollection  
Jan. 22 - Indy – Sacred Heart Community  
Feb. 4-9 - Florida - Inter Provincial Retreat Meeting  
Feb. 16 -17 - Indy – SFR Valentine Special

Mar. 7-17 - Florida - Parish Renewal  
St. Columbkille Church  
April 6-7 - Indy - Art of Listening Workshop  
May 13 - Leave for Italy  
May 18-31 – Assisi, Italy Special Retreat  
June 1-2 - Cleveland, Padua Reunion  
June 13-17 - Cleveland, Jackie Moskal Memorial  
July 15 - Omaha, SFR Opening Lecture  
July 20-21 Omaha, SFR Workshop

## Choose Love

Times are changing rapidly.  
What we see is different.  
There is only one life Source  
May I be insistent?

Science and theology  
Both are in agreement.  
Things and plants, birds and fish  
Unify as ONE

Include us humans in the mix  
Along with galaxies  
Don't forget stars and planets  
All are family!

This awareness is God's plan!  
Everything's Divine.  
What a marvelous mystery -  
A cosmic symphony!

When you know this awesome truth  
You can know true Love.  
Everyone and everything  
Is Universal Truth

When you smile Love shines bright  
As with compliments.  
See the God in those you meet  
You'll find happiness.

In your daily meditation  
Send your Light abroad.  
You are God's own heart  
Filled with Peace and Joy.

Spiritual Power rests in you  
Use it every day  
Make our world a happy place  
Now and evermore!

Love,



### THE FRANCISCAN HERMITAGE

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#### 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.*

#### PROFESSIONALS AT THE HERMITAGE

There are now:

4 licensed Clinical Social Workers, 1 licensed Clinical Psychologists, 1 Massage Therapists, 1 Guitar Teacher, 1 Reiki Master, Healing Touch Professional, 1 Spiritual Director and 1 Yoga Teacher. For information please contact us at the Hermitage.

#### PLEASE HELP IF YOU CAN

The Franciscan Hermitage is a tax-exempt, not-for-profit. We support ourselves with our program, publications, income from room rental, donations, wills and bequests. Please help us whenever and however you can. Many thanks and God bless!



**Sending you Blessings for 2019, from the Staff and Volunteer of the Hermitage.**