



THE FRANCISCAN HERMITAGE

messenger

Spring/Fall 2020

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Lecturer

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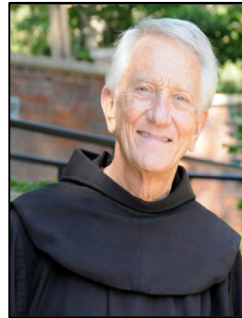
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Triesa Hodgson - Office Support

Website: www.HermitageIndy.org
Email: LuLu@HermitageIndy.org



Dear Friends of the Hermitage:

This is a challenging time for all of us BUT it is also a time when we can count our blessings! For example, with the help of three teams, one here in the States, another in Geneva and a third in Romania, I was able to get onto the last plane out of Europe for US citizens only. How blessed I was putting my foot onto the floor of that aircraft!

I am also blessed to be in perfect health and listening to beautiful stories on the news about people helping people.

Families are spending precious time together on their porches communicating with their neighbors. Young people checking on shut-ins and elderly, shopping for those who cannot do it themselves and musicians, dancers, vocalists, and other artists brightening our lives on radio and TV. What a psychological lift to watch Birthday parades for young and old and home-schooled children giving music lessons to their parents! Medical personnel around the world are risking, and giving, their lives to help others while internationally, scientist work feverously to find a cure.

Our Wednesday nights, *Success: Full Living Energy Circle* is now on Zoom and Hermitage graduates from Austin, TX, Las Vegas, and even Australia are connecting with one another. With the help of the computer, we are experiencing a global Hermitage Family! Beyond the Hermitage, there is a sense of a "Human Family" and a "Global village." I have dreamed of this mental shift for decades and in a matter of months it is happening!

Here at the Hermitage, we want to do our share to end this pandemic. To that end, **we are offering our "Healing Self" and "Healing Others" meditation MP3 recordings FREE to anyone who cares to download from our website.** <https://hermitageindy.org/free-meditations-mp3/>

For the past 40 years our students have used these meditations to stimulate their immune systems to maintain perfect health. They have also used meditation to control pain, promote healing in themselves and others (even to overcome serious illness like AIDS and cancer!). With the outbreak of the coronavirus, we are reminded, more than ever, that we are all powerful spiritual beings and that in meditation we consciously connect with a Divine, Cosmic, and Unconditional Love Energy. In meditation we can direct this Divine, Cosmic, and Unconditional Love Energy and become co-creators, boosting the immune system to avoid contracting the virus in the first place BUT also to destroy the virus once it has infected the body.

In our workshop, *Success: Full Thinking* we teach that "Difficulty and Pain Are Opportunities for Growth." When we understand this principle, it can be much easier to work through challenging times like these AND in the process become more loving, kinder, more sensitive, and more mature human beings with greater understanding about life. We can then be instruments for creating a lasting and universal Peace!

My dear friends, this is a time of great opportunity for all of us! May we support one another in our efforts to continue reaching out to others with random acts of kindness, sharing smiles and greetings with everyone, listening to those who suffer and become the "Light of the World" that is our destiny!

Love and appreciation for your presence in my life and in the mission of the Hermitage!

Brother Virus

We created Brother Virus
By the way we live.
He in turn helps us return
To our human roots.

Families share their daily
Meals with sense of joy.
They are spending much more
Time Loving one another.

Youthful neighbors go next
Door checking on old folks,
Bringing meals and happy
Smiles, Our human family
Lives!

Nurses, doctors, and their aids
Risk and give their lives.
Chefs and restaurants giving meals
Never counting cost!

Children teach their parents how
To play the clarinet.
Song and dance are put Online
Entertaining all.

Neighborhoods applaud their
Heroes playing is Online
Masks are signs of Love
A wave is now a hug!

Times like these are challenging
But help to center us
In the tings that really matter,
Love and joy and peace.

Brother Virus to to sleep
You have done your work
We have learned our lessons well
Now we're moving on.



May 25, 2020

Justin's Calendar 2020

| Date | Location | Program | Date | Location | Program |
|------------|----------|-----------------------------|-----------|-----------|---------------------------------|
| June 23 | Indy | Mass for Sisters of Charity | July 22 | Indy | Energy Circle (Live) |
| June 24 | Indy | Energy Circle (virtual) | July 28 | Indy | Energy Circle (Virtual?) |
| June 30 | Indy | Friars House Chapter | July 29 | Indy | Energy Circle (Live) |
| July 1 | Indy | Energy Circle (virtual) | Aug 14-16 | Indy | Siva Intuition Class |
| July 7 | Indy | Energy Circle (Live) | Sept 5 | Indy | Living the Prayer of Quiet |
| July 8 | Indy | Energy Circle (virtual?) | Sept 6-19 | St. Louis | Provincial Chapter |
| July 11-12 | Indy | Silva Life System | Oct 3-4 | Indy | Success: Full Living workshop |
| July 14 | Indy | Energy Circle (Virtual?) | Nov 7-8 | Indy | Success: Full Relating workshop |
| July 15 | Indy | Energy Circle (Live) | Dec. 5 | Indy | Art of Listening workshop |
| July 21 | Indy | Energy Circle (Virtual?) | | | |

CAN YOU PLEASE HELP US

This year, we are in the Hermitage House 45 years. We have come a long way, touching millions of lives both here in the USA and abroad.

This Spring we have been hit hard financially.

Because of the pandemic, our checking account is down significantly (like many others!). We have lost 3 workshops in Europe and another 3 here in the States.

Last week, the Heating & A/C Technicians doing our Spring inspection, told us that we will have to replace one of the most important heating and A/C units in the house, which is the main classroom. The cost will be \$7,000+. **Can you please help us with this important but unexpected expense?**

All gifts are tax-deductible and can be made by check, credit card by calling 317-545-0742, or on our website www.hermitageIndy.org.

Your donations, of any size, are greatly appreciated! God bless you all!

Love and sincere thanks!



Welcome Back To Our Regularly Scheduled Programs At The Hermitage

An Introduction to the Power of intentional Living – Law of Attraction

Starting Tuesday, July 21st and continuing the third (3rd) Tuesday of each Month - 7:00 - 9:00 p.m.

A place to gather with Group Discussions on topics of Awareness, Intention, Focus, Visualization, Group Energy, Vibrations and Law of Attraction. Join us to intentionally enhance our lives, our families, and our communities through awareness.

Facilitated by: **Beth Breeden**
Fee: \$10.00 (All welcome)

HU THE SONG OF GOD – A Meditation

Effective: Tuesday, August 11th and continuing the 2nd Tuesday of each month 6:30 – 7:30 p.m.

When you sing HU, you are saying to Divine Spirit, “Give me the understanding and the wisdom and the strength to meet life. “Join us for discussion and Meditation

Facilitated by: **Allen Jackson**
(All Welcome - Donations appreciated)

ENERGY CIRCLE MEDITATION GROUP

EFFECTIVE: Wed. July 8th and continuing EVERY WEDNESDAY NIGHT - 7:00-8:00 p.m.

Facilitated each week by: **Silva Graduates**
First half hour of the meeting is Introductions and our Success Stories, and the Second half hour is a Guided Meditation. In the center of the room, we have an Energy Box, and we write our wishes and intentions and place them in the Box where we send prayer, healing, and energy. If you would like your name or your love ones placed in the Box you can call me at: 317-545-0742 or email me at lulugk@att.net

ALL WELCOME – Donations appreciated

ONENESS BLESSING, SHARING AND MEDITATION

Effective: Thursday, August 6th and continuing the 1st Thursday of each Month 7:00 – 9:00 p.m.

Two Intelligence’s of the Oneness Blessing!! Helps manifest Intentions (prayer) Helps create a shift in the Brain to quiet the mind, for us to reach a deeper Spiritual Connection. Group shares their stories and intentions, Blessings given and a guided Meditation.

Facilitated by Oneness Blessing Givers:
Greg Vargo and LuLu Kinnett
ALL welcome - Fee by Donation

SILVA LIFE SYSTEM MEDITATION CLASS

Date and Times

Saturday, July 11th & Sunday, July 12th
9:00 a.m. – 6:00 p.m. - Both days

Live Workshop will be taught by Silva Instructor:
Friar Justin Belitz, OFM

“People all over the world have learned how to live healthier, happier, more productive lives after taking Silva.” Cost: If paid by July 3rd, is \$375. After Friday, July 3rd cost is \$425. Your \$100 deposit will reserve your seat and qualify you for the \$50.00 discount. (You can pay the remaining balance the morning of the Class.) Once you take this live class you will be able to retake it any time it is offered for a small donation.

SILVA INTUITION SYSTEM A GRADUATE CLASS

Dates and Times:

Friday, August 14th 7:00 p.m. - 9:00 p.m.
(First two hours of the class)

Saturday, August 15th - 9:00 a.m. 6:00 p.m.
Sunday, August 16th - 9:00 a.m. 6:00 p.m.

This is a Graduate Class and you must have taken The Silva Life System Class. Prepaid: \$375. if paid by August 7th or \$425. After August 7th. a \$100.00 Deposit must be received on, or by August, 7th to reserve your space. You can pay the balance the

morning of the class. To register and pay with your Credit Card, or for more information call LuLu at 317-545- 0742, or visit our website:

www.HermitageIndy.org.

Taught by Silva Instructor: Friar Justin

PRAYER OF QUIET a ONE Day Retreat

First time offered at the Hermitage

Date and Time:

Saturday, September, 5th 9:00 a.m. – 5:00 p.m.

Price for the Retreat: \$75.

This workshop offers the theory and practice of Contemplative Prayer, or Passive Meditation. Once you realize that you are ONE with Divine, Cosmic, Unconditional Love Energy, you also realize that you are a Powerful Spiritual Being with unlimited resources. Come learn to “BE”. Come learn “I AM”

Facilitated by: Friar Justin Belitz

SUCCESS: FULL LIVING WORKSHOP

Dates and Times:

Saturday, Oct. 3rd & Sunday, Oct. 4th

9:00 a.m. – 5:00 p.m. (Both Days)

Price for the workshop - \$150.

(Please reserve your seat by Sept. 28th)



**The Hermitage
3650 East 46th Street
Indianapolis, IN 46205**

SUCCESS: FULL RELATING WORKSHOP

Dates and Times:

Saturday, Nov. 7th & Sunday, Nov. 8th

9:00 a.m. – 5:00 p.m. (Both Days)

Price for this Workshop - \$150.

(Please reserve your seat by Nov. 2nd)

This is a Workshop in improvement of all relationships, and to help you understand how you relate, and give you 7 basic principles you can use to develop whole-some and satisfying relationships, and much more.

With instructor: Friar Justin Belitz

ART OF LISTENING WORKSHOP

A one Day Workshop Saturday, December 5th

9:00 a.m. – 5:00 p.m. Fee for Workshop is \$75. If paid by Nov. 30th

A Workshop to improve your relationships through Focused Listening, and discover how well you really do listen. (This was a two-day Workshop taught in the Corporate World to executives and staff by Sister Elizabeth Reis.) Fr. Justin and LuLu were trained and certified by Sister Elizabeth before she retired.

Instructor for the Workshop: Fr. Justin Belitz

**FOR MORE INFORMATION
REGARDING OUR PROGRAMS AND A
LIST OF OUR BOOKS AND CD'S
PLEASE VISIT OUR
WEBSITE:www.HermitageIndy.org**

WE CAN MAKE A DIFFERENCE

Please help us in this mission by recommending our programs, telling others about our books and recorded meditations, by participating in our Energy Circles (both physical and virtual), by passing on information about our weekly on-line homilies, by meditating daily, and by becoming a Christ figure for all whose lives you touch.

The Hermitage Family

An old Swedish Proverb:

“Fear less, hope more; eat less, chew more; whine less, breath more; talk less, say more; hate less, LOVE more; and good things will come your way.”