



THE FRANCISCAN HERMITAGE

Messenger

July/December 2020

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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, scientists 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 them from our Hermitage 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 Relating* 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 to 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 a sense of joy.
They are spending much more time
Loving one another.

Youthful neighbors go next door
Checking older folks,
Bringing meals and happy smiles,
Our human family lives!

Nurses, doctors, and their aides
Risk and give their lives.
Chefs and restaurants give 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
Praying 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 things the really matter,
Love and joy and peace.

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



July 1, 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 (Virtual)	Sept 5	Indy	Living the Prayer of Quiet
July 8	Indy	Energy Circle (Live)	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)			

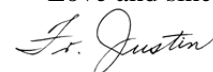
PLEASE HELP US

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, by using 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 Program at The Hermitage

LAW OF ATTRACTION

(An Introduction to
the Power of Intentional living)

**Starting Tuesday, July 21st and continuing the 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)

**Beginning 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 Support Group)

**Beginning Wednesday, July 8th and continuing
EVERY WEDNESDAY NIGHT - 7:00-8:00 p.m.**

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 loved one's placed in the Box you can call LuLu at: 317-545-0742 or email to lulugk@att.net

All welcome – Donations appreciated

ONENESS BLESSING

(Sharing and meditation)

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

Two Intelligences of the Oneness Blessing!! Helps manifest Intentions (prayer). Helps create a shift in the brain to quiet the mind so that we 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

(In-depth Meditation Workshop)

Saturday, July 11th & Sunday, July 12th

9:00 a.m. – 6:00 p.m. - Both days

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, \$375. After Friday, July 3rd cost is \$425. A \$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 workshop, you can retake it any time for a small donation.

SILVA INTUITION SYSTEM

(A Graduate Workshop)

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.

Instructor: Friar Justin

LIVING THE PRAYER OF QUIET

(1- Day Retreat)

1ST time offered at the Hermitage

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

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.”

Instructor: Friar Justin Belitz

Fee: \$75.

SUCCESS: FULL-LIVING WORKSHOP

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

9:00 a.m. – 5:00 p.m. (Both Days)

This is the workshop we have carried all over the world. Do you want to experience more peace and less stress? Do you want more out of life? Would you like more balance in your daily schedule?

Here is a weekend experience that can help you attain these and any other goals you desire. It teaches simple skills using lecture, meditation, music, physical exercise, goal setting, and life planning. Small-group discussions, audio-video aids, a detailed self-evaluation, make this workshop practical and lots of fun.

In Success: Full Living, you will learn how to:

- **Set personal goals, and how to achieve them**
- **Keep your attitude positive**
- **Motivate yourself**
- **Overcome fear**
- **Move through life changes successfully**
- **Affirm yourself and others**
- **See problems as opportunities**

Instructor: Fr Justin Belitz

Fee - \$150.

(Please reserve your seat by Sept. 28th)

It's your life – LIVE IT UP!

SUCCESS: FULL-RELATING WORKSHOP

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

9:00 a.m. – 5:00 p.m. (Both Days)

(Please reserve your seat by Nov. 2nd)

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

Instructor: Friar Justin Belitz

Fee - \$150.

ART OF LISTENING (A 1 day WORKSHOP)

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

A Workshop to improve your relationships through Focused Listening and discovering 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 - Fr. Justin Belitz**

Fee: \$75.00 - if paid by Nov. 30th

FOR MORE INFORMATION REGARDING OUR PROGRAMS AND A LIST OF OUR BOOKS, CD'S & MP3s 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, breathe more; talk less, say more; hate less, LOVE more; and good things will come your way.”