



The Franciscan Hermitage

# Messenger

❄️ Winter/Spring 🌸  
2022



Dec. 1, 2021

Dear Friends and Family:

Greetings to all of you during this wonderful season of the Year. This is the time when we put a lot of attention into that part of our lives that we call Love. This Divine, Cosmic, Unconditional Love Energy is what had created and sustains our universe AND it is the essence of who we are!

The Course in Miracles says, "Teach only Love, for that is who you are!" Imagine, we carry this powerful Energy in our persons. Love is what we are made of! We are visible expressions of the Divine Presence in this time and space! When Jesus was speaking to the Jews he said: "Is it not written in your law: 'I have said, you are gods?'"

Some individuals are called to radiate Divine Love in developing countries by creating schools, creating medical clinics, and helping the poor and disadvantaged to create private businesses. Others are called to donate from their assets to support those doing the hands-on work.

You and I are called to do our part to generate Love in more simple ways like smiling at the people we meet, offering honest compliments to strangers, emailing or phoning isolated individuals in nursing homes, being with someone who is suffering with the loss of a loved one, and other ways.

All of the above has to do with the world of the Spirit. The material world, on the other hand, is about creating division, using categories like good or bad, right or wrong, we or them, and the like. This kind of dualistic thinking stops the flow of Love, creating pain and suffering, war and hatred, fear, and distrust.

During this season, the lights, the music, the decorations, the parties, all help to put us into a state of Love, a state where we experience true happiness, a state where we radiate joy, peace, and even physical, mental, and spiritual health!

Please join us in celebrating Love this year in a special way. Let your loved ones know you care. Do what you can to mend broken relationships. Think and talk about all the blessings you receive daily. Learn to listen and create peace.

This season is to remind us that we are all Powerful Spiritual Beings and Love makes the difference. Drink daily of the elixir of Love and know true happiness!

Thank you all for being in my life and in the Mission of the Hermitage.

With Love and appreciation!



## Holiday Magic

Michael lends a helping hand  
 Children laugh and smile.  
 All it takes are soccer balls  
 For any juvenile.

Pregnant women underage  
 Have their children born  
 Not in proper clinic beds,  
 They look like beds in dorms.

Deeds are sparked by Michael's Love  
 That's what children feel;  
 'T's the Season for us all!  
 Spreading Love's the deal.

Simple things like compliments  
 Make this season work  
 As do smiles, waves, and songs--  
 These are Season perks!

All of life is built on love,  
 There you find rewards.  
 When you turn this Power off,  
 Then there're no awards.

Look we all for happiness  
 Most outside the self,  
 When in fact this treasure lies  
 Hidden like an elf!

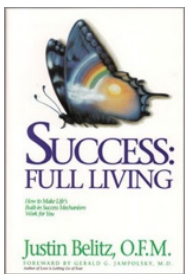
Listen to your beating heart  
 All it wants to say:  
 We are One is God's own Love  
 Join this heavenly play!

Power of the Spirit lies  
 Inside each of us!  
 You're the one who has the key--  
 Earn the score A+.

**Make this Holiday Season Happy for everyone,  
 including yourself!**

Love,

## The Hermitage Online



**Success: Full Living eBook on  
 Amazon: \$3.99**  
*(Click on image for link)*

*And coming soon online:*

**Success: Full Living Course**  
*Details to be announced*

## Justin's Calendar January – June 2022

Date	Program
Jan. 8-9	Silva Life System Class
Feb. 18-20	Silva Intuition System Class
Mar. 19-20	Success: Full Living Workshop
Apr. 3	Friar Justin's Birthday
Apr. 23-24	Success: Full Relating Workshop
May 21	Art of Listening Workshop
June 13-17	Provincial Meeting in St. Louis
June 25	Living the Prayer of Quiet
July 16 – 17	Silva Life System Class

*All listed workshops are located in Indianapolis.*

# Scheduled Programs and Classes at the Hermitage

## LAW OF ATTRACTION

(An Introduction to the Power of Intentional Living)

The 3<sup>rd</sup> Tuesday of each month

2022: Jan. 18, Feb. 15, Mar. 15, Apr. 19, May 17,  
June 21 7:00-9:00 p.m.

A place to gather for Group Discussions on topics of Awareness, Intention, Focus, Visualization, Vibrations, and Law of Attraction. Join us to intentionally enhance your life, as well as the lives of your families and your Communities through awareness.

**Facilitator: Beth Breeden Fee: \$10**

## HU

(A Love Song to God – Meditation Prayer).

The 2<sup>nd</sup> Tuesday of the month

2022: Jan. 11, Feb. 15, Mar. 8, Apr. 12, May 10,  
June 14 6:30-7:15 p.m.

HU is a Love Song to God as a meditation. “ It has helped people of many different faiths experience for themselves the presence of God.”

**Facilitator: Allen Jackson** Everyone is welcome.

## ENERGY CIRCLE

(Meditation Support Group)

Every Wednesday night 7:00-8:00 p.m.

We share Success Stories and a group meditation. In the center of the room, we have an Energy Box where we collect written intentions for healing, finding jobs, finding life partners, and achieving goals of every kind, The Box becomes the focal point for our meditation at the Hermitage as well as our private meditations during the week. If you would like your need, or that of a loved one, placed in the Box for healing or any other intention, please call LuLu at: 317-545-0742 or email to [lulugk@att.net](mailto:lulugk@att.net). All welcome - Donations Appreciated  
**Hosted by: Kevin Langford and Other Silva Facilitators**

## ZOOM INTERNATIONAL ENERGY CIRCLE

(Online International Meditation Support Group)

Every Tuesday Night 7:00 – 8:00 p.m.

For those who are unable to join us ‘live’ for Energy Circle on Wednesday night, we now have a Zoom International Energy Circle every Tuesday night. If you would like to join the group, please email LuLu at [lulugk@att.net](mailto:lulugk@att.net) (No charge. Donations welcome.)  
**Hosted by: Al Potenza and Other Silva Facilitators**

## SILVA LIFE SYSTEM

(In-depth Meditation Workshop)

Sat. & Sun., Jan. 8 - 9 9:00 a.m.– 6:00 p.m.

The Silva method teaches skills of physical and mental relaxation, coupled with visualization. “People all over the world have learned how to live healthier, happier, and more productive lives after taking the Silva Workshop.”

**Cost: \$475. Prepaid: \$375** if paid by Jan. 3 in full or with a \$100 deposit; remaining balance due in class.)

**Graduates must register. Suggested donation: \$40**

**Facilitator: Friar Justin Belitz**



Silva Graduates, Summer 2021

## SILVA INTUITION SYSTEM

(A Graduate Workshop)

Friday, Feb. 18 – 7:00- 9:00 p.m.

Sat. & Sun., Feb. 19 -20, 9:00 a.m.- 6:00 p.m.

The Silva Intuition System will help you use the God Presence within to consciously connect with all of creation: inanimate matter, plant life, animal life, and human life. **This is a Graduate Program.** You must have taken the Silva Life System class before this one.

**Cost: \$475. Prepaid: \$375** if paid by Feb. 11 in full or with a \$100 deposit; remaining balance due in class.)

**Graduates must register. Suggested donation: \$40**

**Facilitator: Friar Justin Belitz**

## SUCCESS: FULL LIVING

(2 Day Workshop)

Sat. & Sun., Mar. 23 -24 9:00 a.m. – 6:00 p.m.

You have a Life Mechanism that can lead you to a satisfying life. By developing a positive attitude and setting goals in 7 major areas of your life, you can create the FULL LIFE we are all meant to experience. It is up to you to *choose* a satisfying life!

**Cost: \$150. Prepaid: \$100:** A deposit of \$50 paid by Mar. 15 will reserve your seat; balance due in class. Suggested donation for graduates repeating the class: \$35.

**Facilitator: Friar Justin Belitz**

## SUCCESS: FULL RELATING

(2 Day Workshop)

Sat. & Sun., Apr. 19 - 20 9:00 a.m. – 6:00 p.m.

This is a Workshop to help you understand how you relate – to yourself, to others, to things, to life experience, to God, etc. The program explains 7 principles you can use to develop wholesome and satisfying relationships. **Includes Student Manual).**

**Cost: \$150. Prepaid: \$100:** A \$50 deposit paid by Apr. 15 will reserve your seat; balance due in class. Suggested donation for graduates repeating the class: \$35.

**Instructor: Friar Justin Belitz**

### Success Story from Success Full: Living Workshop

**Participant:**

*When I first came to the class, I was skeptical. I was in a place in my life with a lot of despair and negativity, basically waiting to die. Now since I have been meditating I feel more at peace. I now feel I have a chance to live a better life, with looking forward to more positives in my life. I also have a better night's sleep. This has definitely changed my life for the better!*

## ART OF LISTENING

(A one-day Workshop to Improve your Relationships through Focused Listening.)

Sat., May 21 9:00 a.m. – 6:00 p.m.

Most people do not listen with the intent to understand; they listen with the intent to reply. In this workshop you will discover how to use listening skills that can change your life forever! Includes book and student manual.

**Cost: \$125. Prepaid: \$100:** A \$35 deposit paid by May 24 will reserve your seat; balance due in class. Suggested donation for graduates repeating the class: \$35.

**Facilitator: Friar Justin Belitz**

## LIVING THE PRAYER OF QUIET

(1-Day Retreat at the Hermitage)

Sat., June 25 9:00 a.m. - 6:00 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."

**Cost: \$125. Prepaid: \$100:** A \$35 deposit paid by June 18 will reserve your seat; balance due in class. Suggested donation for graduates repeating the class: \$35.

*You will need to bring your lunch.*

**Facilitator: Friar Justin Belitz**

### SPECIAL NOTES:

\*Additional discounts for family members, seniors, and students. Information on this: [Lulu@hermitageindy.org](mailto:Lulu@hermitageindy.org)

\*Fr. Justin offers a short Mass on the Saturday Evenings following each Workshop for those who wish to attend.

For more information regarding our programs and a list of our books, CDs and MP3s, please visit our website: [www.HermitageIndy.org](http://www.HermitageIndy.org)

## Hermitage Board of Directors and Volunteers

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Certified Silva Instructor

**Al Potenza** - Online Energy Circle

**Kevin Langford** – Weds.Energy Circle

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**Margy Beyne:** Homily Associate

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**Website:** [www.HermitageIndy.org](http://www.HermitageIndy.org)

**Email:** [Lulu@HermitageIndy.org](mailto:Lulu@HermitageIndy.org)

Thank you for your support! Please continue to support the Hermitage with your prayers and donations:

<https://hermitageindy.org/product/donation/> We rely on YOU!

