

The Franciscan Hermitage



Messenger

Summer/Fall 2023

Dear Friends of the Hermitage Family:

The greatest gift we all have is LIFE! This Divine Energy has created and sustains all of reality. It is the essence of who we are. It is a divine, cosmic, unconditional, Energy that connects us to the physical and spiritual world.

Think of your body. It is made up of 30 to 40 trillion cells. Each of these cells has its own life AND each of these cells are in constant communication with one another. Together, their job is to manifest a healthy human body.

In a similar way, the 8-9 billion people on the planet are supposed to be manifesting a healthy human family. Like the cells in our body, we each have our own life, we are connected to every human being on the planet, AND we can communicate spiritually with all of humanity. Together, our job is to create a joyful and peaceful human family.

A couple here in Indianapolis ride their bikes regularly past the Hermitage. The wife is sensitive to all the trash that has been thrown along the frontage of the Hermitage. When they got home after one bike ride, they decided to pick up the trash. I noticed them busily filling their trash bags and made a special effort to thank them. - We were able to find out who this wonderful couple was and send them a formal "Thank You." - Here is an example of individuals promoting life for the good of humanity

I was parked at a red light on a 4-lane road when the person behind me started to blow his horn. I couldn't figure out what he wanted. In the rearview mirror, I saw him getting out of his truck and running up to my window. Quickly he said: "You forgot to put the cap on your gas tank." He put the cap on, ran to his truck just as the light turned green, and we all went on our merry way. - Another example of someone promoting life for the good of humanity.

My dear friends, these examples expose the kind of people who understand that when they help someone else, they are growing spiritually, and doing their part help heal humanity. Intuitively, they feel that universal life connection and are doing their part to help humanity to move toward the ideal of a global and healthy family.

My hope is that the theory above and its practical applications in these examples will help you become more aware of your connection to every human being. When you come to realize your connection to all of humanity, you will treat everyone as family. You will find ways to create random acts of kindness that help create a healthy and happy humanity. We are all powerful spiritual beings and our love makes the difference.

It's your life, LIVE IT UP!!!



Justin





LIFE

It is sometimes easy to forget
The gift of cosmic life.
This Energy, in which we are one,
Creates and sustains us every day.

Life is eternal and so are we!
Fullness of life is meant to be
An experience like no other,
Filled with joy and happiness.

However, my friend, it's up to you!
Your choices give direction to life.
Smile to all you meet
Or give a meaningful greeting.

Send a card or ring a friend,
Brighten the life of a lonely soul,
Give yourself some quiet time--
These are ways to generate life.

We are powerful spiritual beings.
We can generate life everywhere.
Open your heart to all life forms,
Especially those in our human family.

Jesus said: I came to give you life,
In all its infinitely different forms.
Be the unique person you're meant to be
And allow others their uniqueness too.

Nature thrives on diversity
In animal, plant, and human life.
Our job is to celebrate our differences
And live in peace with all creation.

May your heart be open
To Divine Life everywhere.
You are the catalyst
That keeps life aglow!

Love,

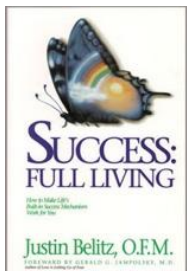
The Hermitage Online

Online Success: Full Living Workshop Available Now!

The signature Hermitage course is now available for those who want to experience it in their own environments, at their own pace.

\$75 For details:

<https://hermitageindy.org/programs/success-full-living/>



Success: Full Living eBook on Amazon: \$3.99

Hermitage Calendar June, 2023-February, 2024

Date	Program
June 24	Prayer of Quiet
July 15 -16	Indy – Silva Life System
Aug. 18-20	Indy – Silva Intuition System
Sept. 12-20	Retreat to Assisi, Italy
Nov. 4-5	Indy – Success: Full Relating
Dec. 2-3	Indy – Success: Full Living
Jan. 13-14, 2024	Indy – Silva Life System
Feb. 9-11, 2024	Indy—Silva Intuition System

Friar Justin is now available to offer private in-person workshops for groups in their geographic locations. Call LuLu for information at 317-545-0742 or send email to lulugk@att.net.

Scheduled Programs and Classes at the Hermitage

Ongoing Programs

Hu (A Love Song to God – Meditation Prayer)

2nd Tuesdays of the month 6:30-7:15 p.m.

HU is a Love Song to God as a meditation.

Facilitator: Allen Jackson Everyone is welcome.

EFT (Emotional Freedom Technique, or Tapping)

1st Thursdays of the month 6:30 – 7:30 p.m.

EFT stimulates acupressure points by tapping on certain Meridians to lower cortisol levels and chronic stress.

Facilitators: Teresa Griebelbauer and Marvin Massey

Law of Attraction (Discussion Group)

2nd Thursdays of the month – 7:00-8:00 p.m.

LOA is the spiritual belief that positive or negative thoughts bring positive or negative experiences into a person's life. We gather to enrich our understanding.

Facilitators: Marvin Massey, Friar Justin, LuLu Kinnett

ENERGY CIRCLE

(Meditation Support Group)

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

Online: Every Tuesday night 7:00 – 8:00 p.m.

We share Success Stories and a group meditation in two ways: Online on Tuesdays (International Group) and In person on Wednesdays (at the Hermitage). Each group has an Energy Box that becomes the focal point for our meditations in the group as well as during the week. If you would like to be added to the Online group, please call LuLu at: 317-545-0742 or email to lulugk@att.net.

Donations Appreciated

Online: Hosted by Al Potenza

In-Person: Hosted by Kevin Langford

Other Silva Facilitators offer guided meditations.

LIVING THE PRAYER OF QUIET

(1-Day Retreat at the Hermitage)

Saturday, June 24 10:00 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."

Cost: \$125. Prepaid: \$100: A \$35 deposit paid by June 19 will reserve your seat; balance due morning of class.

Suggested donation for graduates: \$35.

You will need to bring your lunch.

Facilitator: Friar Justin Belitz

SILVA LIFE SYSTEM

(In-depth 2-day Meditation Workshop)

Sat. & Sun., July 15 - 16 10:00 a.m.– 6:00 p.m.

(also Jan. 13-14, 2024)

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 *SOLD OUT*

Graduates must register. Suggested donation: \$40

Facilitators: Friar Justin Belitz and Kathy Peters



Success: Full Living April, 2023

SILVA INTUITION SYSTEM

(A Graduate Workshop)

Friday, Aug. 18 – 7:00 -9:00 p.m.

Sat. & Sun., Aug. 19-20, 10:00 a.m.- 6:00 p.m.

(Also Feb. 9-10, 2024)

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 Aug. 8 in full or with a \$100 deposit; remaining balance due morning of class.

Graduates must register. Suggested donation: \$40

Facilitators: Friar Justin Belitz and Kathy Peters

Silva Grads! Monthly sharing meetings coordinated by Kathy Peters. Info: kathypeters@silvamethodin.com.

SUCCESS: FULL RELATING

(2-Day Workshop)

Sat. & Sun., Nov. 4-5 10:00 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 seven principles you can use to develop wholesome and satisfying relationships. **Includes Student Manual.**
Cost: \$150. Prepaid: \$100: A \$50 deposit paid by Oct. 30 will reserve your seat; balance due morning of class. Suggested donation for graduates: \$35.
Instructor: Friar Justin Belitz

SUCCESS: FULL LIVING

(2-Day Workshop)

Sat. & Sun., Dec. 2-3 10:00 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 Nov. 27 will reserve your seat; balance due morning of class. Suggested donation for graduates: \$35.
Facilitator: Friar Justin Belitz

Five Steps to a Meditative Life

- 1. Success: Full Living**
Our signature program. An introduction to spirituality and meditation. Available in 2-day workshop, book, and online form.
- 2. Silva Life System**
An in-depth presentation on Active meditation. 2-day workshop.
- 3. Silva Intuition System**
Silva graduate work on Passive meditation. 2-day workshop.
- 4. Living the Prayer of Quiet**
A focus on using Passive meditation, or Contemplation. 1-day retreat.
- 5. Success: Full Relating**
An in-depth presentation of spirituality and relationships. 2-day workshop

SPECIAL NOTES:

*Additional discounts for family members, seniors, and students. Information on this: Lulu@hermitageindy.org
*Fr. Justin offers a short Mass on the Saturday Evenings following each Workshop for those who wish to attend.



Marketing Help Needed

Do you have marketing skills that you can volunteer to help the Hermitage? We would like to reach a broader audience, particularly young people, with the news of our programs. You can choose to brainstorm with a committee, bring ideas to us, or actively work to design and create campaigns using our online marketing tools. If you are interested, please contact LuLu at LuLu@hermitageindy.org.

For more information regarding our programs and a list of our books, CDs and MP3s, please visit our website: www.HermitageIndy.org

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Website: www.HermitageIndy.org
Email: 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!