

# Scheduled Programs and Classes at the Hermitage Summer-Fall 2022

## JUNE LIVING THE PRAYER OF QUIET (1-Day Retreat)

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 Sept. 12 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**

## JULY SILVA LIFE SYSTEM (In-depth 2-day Meditation Workshop)

Sat. & Sun., July 16 - 17 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 July 8 in full or with a \$100 deposit; remaining balance due morning of class.

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

**Facilitator: Friar Justin Belitz**

## AUGUST SILVA INTUITION SYSTEM (A Graduate Workshop)

Friday, Aug. 19 - 7:00 - 9:00 p.m.

Sat. & Sun., Aug. 20-21, 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 Aug. 12 in full or with a \$100 deposit; remaining balance due morning of class.

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

**Facilitator: Friar Justin Belitz**

## SEPTEMBER LIVING THE PRAYER OF QUIET (1-Day Retreat)

Sat., Sept. 17 9:00 a.m. - 6:00 p.m. (Also June 25)

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 Sept. 12 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**

## OCTOBER SUCCESS: Full LIVING (2-Day Workshop)

Sat. & Sun., Oct. 15-16 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 Oct. 10 will reserve your seat; balance due morning of class.

Suggested donation for graduates: \$35.

**Facilitator: Friar Justin Belitz**

## NOVEMBER

## SUCCESS: FULL RELATING

(2-Day Workshop)

*Sat. & Sun., Nov. 12-13 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 seven principles you can use to develop wholesome and satisfying relationships. **Includes Student Manual.**

**Cost: \$150. Prepaid: \$100:** A \$50 deposit paid by Nov. 7 will reserve your seat; balance due morning of class. Suggested donation for graduates: \$35. **Facilitator: Friar Justin Belitz**

## DECEMBER

## ART OF LISTENING

(1-Day Workshop)

*Sat., Dec. 10 9:00 a.m. – 6:00 p.m.*

“To listen is to love.” 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 Dec. 6 will reserve your seat; balance due morning of class. Suggested donation for graduates: \$35. **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.

## REGULAR ONGOING PROGRAMS

### EMOTIONAL FREEDOM TECHNIQUE (EFT)

*1st and 3<sup>rd</sup> Thursday of the month 6:30-7:30 p.m.*

The technique of tapping meridian points helps to restore bodily energy and conquer negative emotions.

**Hosted by: Teresa Griebelbaum and Marvin Massey**

### HU (A Love Song to God – Meditation Prayer)

*2<sup>nd</sup> Tuesday of the month 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.” Everyone is welcome. **Facilitator: Allen Jackson**

### ENERGY CIRCLE

**(Meditation Support Group)**

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

At Energy Circle, we share Success Stories and a group meditation.

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**