

Troubadour

Franciscan Life Process Center

FALL 2014

ART • COUNSELING • MUSIC EDUCATION • MUSIC THERAPY • RETREATS • VOLUNTEER



OUR MISSION:

To promote a relationship with God that brings dignity and hope to the sacred process of all life through programs that assist, educate, enrich and inform.

“The family is acknowledged in the People of God to be an invaluable asset, the natural setting in which life grows and develops and a school of humanity, love and hope for society. The family continues to be the privileged place in which Christ reveals the mystery and vocation of the person.”

“Real-life situations, stories and multiple trials demonstrate that the family is experiencing very difficult times, requiring the Church’s compassion and understanding in offering guidance to families ‘as they are’ and, from this point of departure, proclaim the Gospel of the Family in response to their specific needs.”

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Dear Friends and Supporters,

As we begin our 2014-2015 cycle as a Center, I want to share our overarching theme. We will be following Pope Francis’ lead as he proclaims *The Year of the Family* beginning in October with a meeting in Rome that includes the Lay Faithful, many professionals in the area of family life, and Church leaders.

As a Center, we come into contact with hundreds of families both occasionally and regularly. We know these families through those who keep our Center running, those who offer service through their own professional gifts, those who participate in our programs, those who volunteer and those who attend events, workshops, and retreats.

As the Franciscan Life Process Center, we believe in the centrality of Family Life as the core and the hope of our society where people are formed and sent into society to be a witness to Life, Hope, Faith, Joy, Courage and Strength.

I ask that you read the words of Pope Francis below for your own support and encouragement as we walk together, side by side, into all that this *Year of the Family* holds for us.

I thank you for all your constant support, prayers, participation and efforts to promote our Mission throughout West Michigan and beyond.

Sister Colleen Ann Nagle, F.S.E., Director

“In light of this desire, the Church is called upon to offer support and guidance, wherever she be, in faithfulness to the Lord’s mandate to proclaim the beauty of family love. The Holy Father encouraged everyone to look with hope to the future and recommended a manner of acting which preserves and fosters love within the family, namely, by saying ‘can I’ or ‘may I’, ‘thank you’ and ‘I’m sorry’ and never allowing the sun to set on a quarrel or misunderstanding, without having the humility to ask forgiveness.”

- Pope Francis, The Pastoral Challenges of the Family in the Context of Evangelization 2014

“A family enlightened by the Gospel provides a school for Christian living. There one learns faithfulness, patience, and sacrifice.”

Pope Francis May 2014



From Kathy Bechtel, Art Director

- The Franciscan Artists (formerly known as Paint In/Paint Out) continue to meet each Wednesday. We share ideas and learn together through guest instructors and the wisdom found among the artists who attend. Please join us for this special time of support and learning.
- The Center hopes to expand our partnership with KCAD, Kendall School of Art and Design, Ferris State University, by offering classes for adult artists twice a year in Beginning Oil, Beginning Watercolor, etc. Since we are still working out the details, please look under the Visual Arts tab of our website for further information.
- We have just finished KCAD's summer program for young artists. Students and instructors enjoyed the facilities at both campuses. Look for registration for next summer's programs in Spring 2015.
- We continue to add workshops from nationally known artists. These workshops are an amazing opportunity to learn from artists that you would usually have to travel to see! Check out our website for information about the workshops and the artists who are leading them.



- September 19 - 21

Torn Paper/Collage Workshop - Carol Cole

- September 26 - 28

Learning to Painting Light and Shadow with Emotion - Elizabeth Robbins

- October 9 - 12

For Love or Money - Portraiture and the Pursuit of Excellence - Chris Saper

- October 20 - 24, 2014

Realistic Portraits in Watercolor or Pastel - Mario Robinson

- November 6 - 9

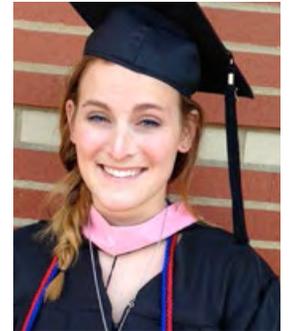
The Basis of Drawing and Painting - Steve Huston

From the Counseling Program

- Counseling services are available and counselors are accepting new clients at both the Lowell and Grand Rapids campuses. Services offered include couple, family and individual counseling for all ages. Please call Sister Colleen Ann Nagle at 616-897-7842 for more information or to schedule an appointment.
- **Stress Less! Stress Management for Kids**
The counseling program is starting a new group for kids in third through fifth grade. Kids will learn ways to identify stressors and learn lifelong strategies to deal with the stress of our fast-paced world. This group is offered during the day at our Grand Rapids campus for kids with unique circumstances. Stress Less! will meet weekly on Mondays starting mid-fall. If you think your child would benefit from this group, please contact Jen Hutchings at 248-761-4673.
- **Nurture**
The counseling program is also starting a support group for women dealing with chronic health issues. This group will meet once a month on Tuesdays at our Grand Rapids campus to provide support and explore coping skills during this difficult journey. All women experiencing such journeys are encourage to attend, from those newly diagnosed to seasoned travelers. For more information, please contact Jen Hutchings at 248-761-4673.
- General information about our counseling department and the staff can be found on our website www.lifeprocesscenter.org.

Staff News

Jessica Wellman, a recent graduate of the University of Dayton, will be continuing her education as the newest music therapy intern at the Franciscan Life Process Center. Jessica, a vocalist, is originally from Coldwater, Ohio. She enjoys running, reading and playing with her nieces. Jessica has worked extensively with children and adults with intellectual and developmental disabilities and is excited to grow through her work with Center music therapists.



In August, Franciscan University student Bobby Eggleston worked with Sister Colleen Ann Nagle as an intern to complete requirements for his psychology major. Bobby states, "The opportunity to work with Sister Colleen Ann and her clients has been an extremely fruitful learning experience. It has really given me a glance into what the life of a counselor is truly about: hope and perseverance."

Matthew Young, well known guitar instructor and performer, joins the Center music staff this fall.

Music Therapists Hope to Create Second CD Through Kickstarter

The music therapy staff is excited to launch a **Kickstarter** campaign to raise money to create a second cd for children with autism titled, *Autism Sings – A Therapeutic CD for Children with Autism*. Each of the songs is written or arranged to work on specific goals and objectives. Their first cd was funded through a grant from a local school and has been used in many autism classrooms around Kent County. Go to www.kickstarter.com and search for "autism sings" to look at the reward levels and pledges. They are hoping to raise \$6000 by the end of September to write, record, and release the new cd.

Summer at the Center

Artists from throughout the Midwest were often seen in the fields and gardens of the Lowell Campus working on their paintings.

Summer music students demonstrated their new found skills at a recital in August and enjoyed an ice cream social on the patio following the performance.



Bowlers, their families and friends, and Center staff enjoyed a wonderful evening at Northfield Lanes for Bowl a Rama 2014. The event raised \$17,000 for the Center's scholarship fund which makes services available to families who may not be able to afford them.

Seventeen harpists of all ages and levels of development spent two delightful and educational days with Sunita Staneslow on July 25-26 during HARPfest 2014.

A variety of people from all walks of life visited the Lowell Campus throughout the summer. Some arrived looking for some time away to reflect and renew by staying overnight. Others came to work on the land as a volunteer or to hike the trails and to take photographs. Still others came as part of a group from area businesses and parishes who were using our meeting facilities.



Mark Your Calendar for a Year of Enriching Events

Community Workdays: Second Saturday Monthly, March through Nov., 9:30 to Noon

Lowell Campus

Join us for work on the farm while you enjoy the peace and beauty found on the land. Activities take place in the morning followed by a communal lunch. Work days are open to individuals, families, and church and business groups.

If there is a question about weather, call 897-5220 the day of the event.

LIFefest 2014 Patriot's Day: Thurs., Sept. 11, 2014, 6:30-9 pm

Lowell Campus

Enjoy scrumptious Americana food prepared by local chef Tommy Fitzgerald and join Master of Ceremonies, Tim Cusack, our guest speaker, John Dubinsky, and the Sisters and staff of the Center as we celebrate the many blessings we have as Americans.

This event is a major fundraiser for the Center; please contact Gerrie Murray at gmurray@lifeprocesscenter.org for more information

Memorial Service & Tree Planting: Thurs., Oct. 9, 2014, 4:00 pm

Lowell Campus

The Center staff will hold a memorial service and plant flowers, bushes or trees to honor friends and supporters of the Center who died in the past year. Please let us know if you have a loved one you would like to be honored by contacting Barb at 616-897-7842.

Annual Appeal Drive: Nov. 1, 2014 - Jan. 31, 2015

Our Annual Appeal is a way for you to support the many programs and services offered by the Sisters and staff of the Franciscan Life Process Center. Watch for our mailing in early November. To donate online, go to our website and click on the "How to Help" tab. Thank you!

Mardi Gras Pancake Supper: Tues., Feb. 17, 2015, 5 to 7 pm

Lowell Campus

Bring your family and friends to our Mardi Gras celebration and enjoy pancakes made from the Sisters' favorite recipe, sausage and fresh fruit. Donations appreciated.

Lenten Lunches and Prayer Experience: Wednesdays, Feb. 25, through March 25, Noon - 1:00 pm

Lowell Campus

Lunches include soups donated by area restaurants, bread baked by our Franciscan volunteers, and applesauce made from apples grown on our farm. A Lenten prayer will be offered at 12:45.

Donations appreciated.

Afternoon with the Arts: An American Experience Sat., March 14, 2015, 1:00 pm

Downtown Market, 435 Ionia Ave. SW Grand Rapids, MI 49503

Come join the music departments of Grand Rapids Community College and the Franciscan Life Process Center at the Downtown Market as they showcase the best in American music featuring harpists from the Center and GRCC Student Ensembles including Shades of Blue, the Concert Choir and the Guitar Ensemble. You'll hear Foster and folk, Broadway and blues, Shaker and Shenandoah. In addition, a generous serving of homemade, all-American apple pie during intermission will make this an event you don't want to miss!

Tickets are \$20 and may be ordered online by clicking on "Upcoming Events" on our website.



Noto's 2015 Charity Winefest: Fri., April 17, 2015, 6 - 10 pm

Noto's Old World Italian Dining, 660 28th St, SE Grand Rapids, MI

The Franciscan Life Process Center and several other local charities will benefit from Noto's Charity Winefest. In addition to appetizers, Italian food and desserts, the event features over 300 wines, live music and the opportunity to purchase wines at a discount.

Tickets are \$60 for general admission or \$100 VIP tickets and may be ordered online by clicking on "Upcoming Events" on our website.

Music Recitals: Sat., May 16, 1:30 pm and Sun., May 17, 2015, 1:30 pm and 4:00 pm

Lowell Campus

Students from both campuses will share their musical talents with family and friends. A reception will follow each recital.

Bowl-a-Rama: Thurs., Aug. 6, 2015, 5:30 - 9:00 pm

Northfield Lanes, 2222 Plainfield Ave., NE Grand Rapids, MI

Enjoy an evening of fun with friends, family, or office staff and support the Franciscan Life Process Center, too! Purchase a lane and a team of six people will enjoy bowling, delicious food, a team picture and a team t-shirt. All proceeds benefit the Franciscan Life Process Center.

HARPFest 2015 Kim Robertson - Stretching the Boundaries: Fri., Aug. 7 and Sat., Aug. 8, 2015

Lowell Campus

Kim Robertson, a performer, arranger, and recording artist is recognized as one of the most popular folk harpists performing today. She is a pioneer in the American folk harp movement who will bring a balance of different topics to this two day workshop including ways to build finger agility, memorization techniques, arranging skills, and new pieces to learn. To learn more about HARPFest 2015 or to register, please go to our website www.lifeprocesscenter.org.



Ms. Robertson will give a public concert at 7:30 pm, August 7. Tickets are \$15 in advance and \$20 at the door and may be ordered online by clicking on "Upcoming Events" on our website.

LIFefest 2015: Thurs., Sept. 10, 2015, 6:30 - 9:00 pm

Lowell Campus

This event is a major fundraiser for the Center; please contact Gerrie Murray at gmurray@lifeprocesscenter.org for more information

Meet Our Horses!

Mr. Ed and Star are two miniature horses who live at the farm on our Lowell Campus. You may have seen Sister Ann Frances working with the 19 year old therapeutic horses when you've visited.

Mr. Ed's main "job" is driving a cart while Star's job is being a ground horse that loves to be taken for walks and/or groomed.

Sister Ann Frances Thompson, FSE, their trainer, therapist and care-taker is certified not only in music therapy and music education but also as a therapeutic horseback riding instructor and carriage driving instructor. Sister is also a certified equine specialist in mental health and learning through the Professional Association of Therapeutic Horsemanship, International (PATH, Intl.).

Sister Ann Frances has been developing a new area of programing that combines music therapy with equine therapy. Sister states, "Music therapy and horses are a perfect combination because horses respond to both the music and their riders. In fact, horses will match their gait to the beat of the music." She also hopes to develop and build a horse arena on the farmland where she can have a safe space to work with her clients and students. "An arena allows the students and clients to be more independent due to the enclosed space rather than an open field."

If you have questions about therapeutic horseback riding or would like more information about helping with the development of the horse arena, please contact Sister at 616-897-7842 or email safthompson@lifeprocesscenter.org.



Retreats at the Franciscan Life Process Center, Lowell Campus

Waiting: A Family Advent Retreat

Saturday, November 8 2:00 to 4:00 pm

OR Sunday, November 9 2:00 to 4:00 pm

Lowell Campus

With the emphasis on instant information, is the concept of waiting being lost? Join us for an afternoon of prayer, activities, and presentations with your family to learn about waiting especially as it relates to the season of Advent. Cost: \$50 per family

At the Heart of Marriage: A Retreat for Married Couples

Saturday, February 28, 2015 10:00 am - 5:00 pm

Lowell Campus

You and your spouse are invited to a special day to reflect on and enrich your life as a married couple through conversation, presentations and prayer. The day will include lunch and end with the Sunday Vigil Mass at 4:00 pm. Cost: \$70 per couple

When a Body Meets a Body: The Dance of Single Life

May 2, 2015 10:00 am - 5:00 pm

Lowell Campus

Take a new look at the life of a single person through the eyes of Pope John Paul II, Pope Benedict, and Pope Francis. How can embracing their teachings on human relationships help you discover the joy of single life? The day will begin at 10:00 am and includes prayer, reflection, lunch and a 4:00 pm Sunday Vigil Mass. Cost: \$45

Visit our website www.lifeprocesscenter.org for further information or to register.

Attention Empty Nesters! Coming Fall 2015!

Has your last child recently moved out? Was your nest empty but now an adult child has moved back in? Has the time you thought you'd have together been taken up with care of elderly parents? Watch for more information about a retreat designed especially for couples as they experience this unique time of married life.

Troubadour

Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
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We're still updating our records!

If you would prefer not to receive information from us or your contact information has changed, please let us know by calling Barb at 616-897-7842, emailing bporter@lifeprocesscenter.org or faxing 616-897-7054. Thank you!

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www.lifeprocesscenter.org

Did You Know?

- The FLPC has entered into a new partnership with Spectrum Health Hospice. Our music therapists will offer individual music therapy to their hospice patients.
- Eagle Scout Jared Bass created a 9 hole disc golf course at the Lowell Campus this summer.
- The Franciscan Life Process Center has partnered with the UICA for Art Prize 2014. When you visit the UICA, look for information about our Visual Arts Program and the other programs and services we offer.
- This is the fourth year Drew Edgerton, guitar student, and Miranda Eden, music therapist performed the national anthem at a Whitecaps game. Drew's fan base, "Drew's Crew" grows each year and is a testament to his impact within the community.
- Cris Ritsema, site manager for the Center, is looking for a retired mason to repair brick work around the Lowell Campus. Please contact Cris at 897-7842 if you can volunteer.

Looking for a place to play music after school with other teens?

Want a chance to learn, create, collaborate and perform music YOU like in a group setting?

Bring your instrument (your voice counts) or use one of ours!

If you're between 13 - 18 years old, join Pete Muszkiewicz and Jacob Meekhof, working musicians and instructors, on Mondays, 5:30 - 7:00 pm, September 15 through December 15 at the Center, Grand Rapids Campus, 654 Davis St., NW, Grand Rapids, MI 49504. Fee is \$25 and payment plans are available. Regular attendance required, though; three strikes and you're out. We'll work toward at least one performance this session.

For more information email petem@lifeprocesscenter.org or call us at (616) 897-7842 or visit us online at facebook.com/RootsWillRock

