

Troubadour

Newsletter of the Franciscan Life Process Center ♦ Vol 4, No 1, Fall 2009

Art ~ Counseling ~ Music ~ Therapy ~ Preschool ~ Retreats ~ Volunteer



On the Farm

For nine University of St. Thomas students, life at the Franciscan Center couldn't be more different from life on campus in Houston, TX. The group took part in a three-credit course entitled "Nature and the Environment in Literature." The two-week program is a requirement for Environmental Science and Studies majors but an upper level English elective at St. Thomas, a private Catholic liberal arts university located in the heart of the city with undergraduate and graduate degrees programs in business, the sciences, liberal arts and education.

Along with Environmental Science and Studies chairman and program director Sister Damien Marie, FSE, Ph.D., and associate professor Dr. Kerry MacArthur, English department chairman, the students traded the hot, humid southern summer for the cool, northern woods of Lowell. Included in the group were three environmental science majors, two biology majors, two business majors, one theology/philosophy major and an international studies major.

"I want them to look at the world around them more discriminately," explained Sister Damien Marie, "For example, the first evening, I asked them to go for a walk on the nature trail, find a quiet spot and take an hour and a half to sit quietly." Each was asked to record his or her observations in a journal.

For many, the absence of unlimited cell phone reception, digital television

(continued on page 2)

University of St. Thomas students with Dr. Kerry MacArthur, and Sister Damien Marie, FSE, spend each morning in the open air classroom.



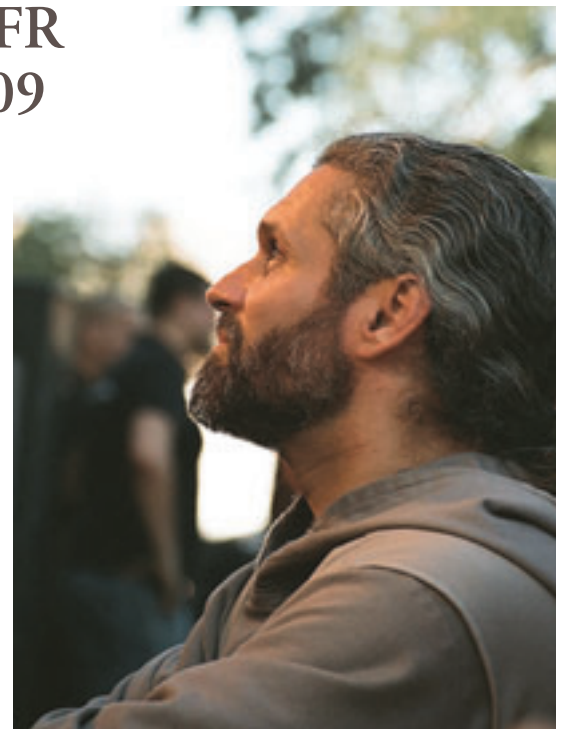
Father Stan Fortuna, CFR Comes to LIFE fest 2009

"If you want to talk about energy, there it is, right there. It's called the Eucharist, and it's the body and the blood and the soul and the divinity of Jesus Christ," explains *Father Stan Fortuna, CFR*, "What I've got inside of me, and what everybody has inside of them, because in the image they were created in the image of love. That love is the source of the energy." It is this spiritual energy that keeps the dynamic Bronx-born Roman Catholic priest travelling around the world, ministering and performing. Among his appearances were the 1999 St. Louis youth rally with John Paul II, and the recent World Youth Days in Sydney and Toronto.

A founding member of the Franciscan Friars of the Renewal, Father Stan uses his background as a cabaret singer, recording artist, music producer and composer to reach people of all ages. He will be the speaker and performer at the Franciscan Center's annual fundraiser, *LIFE fest 2009*, October 10 and 11, starting with Saturday night's *Evening of Inspiration* from 6 to 10 p.m.

At *A Country Sampler* beginning at noon on Sunday, October 11, Father will celebrate the Holy Sacrifice of the Mass. Later in the afternoon, he will take the stage, performing with his guitar. Additional musical performers throughout the afternoon include Pete Muszkiewicz, Hall Street Entertainment and Melvin Crawford. The Family Fall Celebration runs until 4 p.m.

Youngsters will enjoy *Kevin Kammeradd*, children's book author and illustrator of *The Tomato Collection* books. Afterwards, children can make puppets with puppet-maker *Mary Riley*. Other activities include kite-flying, pumpkin decorating, sack races, softball, wagon rides and miniature horse cart rides. Bake-sale items,



Father Stan Fortuna, CFR

Photo taken by Giovanni Portelli on Flickr

pottery, fresh-baked bread and other home-made treats will be some of the new items for sale in the main tent.

Saturday night's *Evening of Inspiration* is \$60 per adult/\$50 per student ticket, including a country pig roast dinner as well as a time of inspiration and music with Father Stan. The Sunday Family Fall Celebration costs \$8/person or \$20 per family and includes admission, children's games and rides, musical entertainment, apple roast, and s'mores. New this year, separate box lunches are available for purchase at the event. Guests are welcome to bring their own picnic

(continued on page 2)

Dear Friends and Supporters,

Greetings during this wonderful summer in Michigan. You recently received a postcard from us asking you to put this year's Franciscan LIFE fest, October 10 and 11, 2009, on your calendar. The card was to announce again that we have a wonderful speaker and musician as our guest for both days of the fest this year, Father Stan Fortuna, C.F.R.

We all know how tight our economic times are, particularly here in Michigan. At the Franciscan Center, we are so aware of this. Yet our pressing need to make almost 50% of our income each year through donations continues. I am coming to you, each family or individual who receives our *Troubadour*, to ask for a small gift to help us underwrite this year's fest.

We really need you!

I am asking you to send us \$10 to help underwrite this year's event. This annual event is the major effort we put forth to build our scholarship fund and to assist our programs. Just \$10 from each of you would guarantee we meet our underwriting goal for 2009. Thank you so much for your consideration.

Gratefully,

Sister Colleen Ann Nagle, FSE

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

Two New Staff Members Join Music Department

If Music Be the Food of Love, Play On!

Our Music Program continues to expand and develop. We have identified our service as a three-pronged approach, that is, music therapy, adaptive music, and music lessons. This enables us to use music to serve individuals and groups of all ages and abilities. In addition, we continue to be a nationally recognized clinical internship training site for the American Music Therapy Association. We are pleased to welcome two new staff members to the Program.

Peter Muszkiewicz, MT-BC, graduate of Western Michigan University, joined us this summer. Peter extends our Music Therapy Program to several institutions in the greater Grand Rapids area. In addition, he assists in on site music services, specializing in guitar, percussion and beginning banjo. He continues drumming in blues and pop bands throughout West Michigan. Peter and his wife, Bethany, live in Grand Rapids.

Alisha Snyder, MT-BC, completing her Masters in Music Therapy at Western Michigan University, with an undergraduate degree in music from Calvin College, began teaching piano here in February. She has eleven years of experience as a piano teacher, and plays the organ and bassoon as well. In her elementary years, Alisha took piano lessons at Franciscan Rhythms Music Studio, in Ada, MI, the former location of our present music education program. Each summer Alisha teaches

at Knollcrest Music Camp, a program run by Calvin College. Alisha and her husband, Cris, live in Grand Rapids.



Alisha Snyder



Pete Muszkiewicz

Father Stan (cont.)

lunches if they prefer. Tickets are available by using the enclosed event registration form or by calling (616) 897-7842. For more information about Father Stan, visit his website at www.francescoproductions.com.

All monies raised from this annual benefit directly support the Center's scholarship programs, which provide subsidies for preschool tuition and music and art scholarships for families and individuals needing financial assistance.

Preschool Open House Will Include a Visit with Santa

An open house for those interested in enrolling new preschool students will be held Thursday, December 3, from 2 to 4 p.m. and from 5 to 7 p.m. Intended for those unfamiliar with the Center's classroom and programs, the open house gives parents, care-givers and children an opportunity to meet preschool staff and ask questions. Preschool Director Fredna Rayford and Teacher's Aide Miranda Gasper will be available to discuss curriculum, give a tour of the classroom, and provide additional information.

As a special treat, Santa Claus will be stopping by for a visit. Parents and caregivers are welcome to bring a camera and take a photograph of their child and Santa.

The Taking Flight Preschool is open Monday through Thursday. Hours are mornings for three to four year-olds and afternoons for four to five year-olds. The HigherReach™ Learning Program emphasizes phonics, ABC's, math, reading, rhyming, concepts, colors, science and nature, music, dramatic play, cooking and gardening. Scholarship assistance is available. For registration packets or more information, call 897-7842.

On the Farm (cont.)

and big city amenities took a bit of adjustment. But the pleasure of evening strolls on the woodland trails, listening to the sandhill cranes, coming across a nest of baby bunnies or observing the rings of Saturn with Tom Good, an amateur astronomer, more than made up for the adaption.

Each day, the first two and a half hours of the mornings were spent outside in the gazebo, which served as a classroom. The students were required to read English literature and prose related to the course. Daily lessons included discussions of rural life and man's proper relationship to nature.

Afternoons included field trips around the Grand Rapids region, including a visit to Rosy Mound Natural Area in Grand Haven where the forested dunes show glacial evidence, as well as to a local raspberry farm. Additional studies into the destruction wrought by invasive species lead to work on the Franciscan Center's land, helping remove the autumn olive, an aggressive scrub that competes with native species. In addition, students shared in farm chores such as feeding the livestock, weeding gardens and other farm needs. They made bread, raspberry preserves and managed teams to prepare meals.

"They have experienced a little of the isolated existence on the land, but also the limits and benefits of technology and industrialization," explained Sister Damien Marie. To wrap up the two-week course, students gave a final presentation and wrote a final paper on the project. They left Lowell with a new appreciation of life on the Franciscan farm – its perfect balance of hard work and joyful rewards.



Kevin Kammeradd and his puppet, Jake, entertained the Franciscan Center preschool class as an end of the school year treat. The children's poetry book author and illustrator will return for "A Country Sampler," to be held on Sunday, October 11. The family activity day is part of LIFEfest, 2009, the Franciscan Center's annual fund-raiser for its scholarship fund and programs.

Advent Retreat Held In Early December

As part of the annual celebration of Advent, the Franciscan Center is offering a retreat entitled, "In Search of Pilgrims: Destination Bethlehem."

Do you find yourself seeking a direction in life? Are you ready interiorly to "hit-the-road" and walk into the mystery of God incarnate, born in Bethlehem, and dwelling within you eternally? Simply put, are you searching for more? Then this retreat is for you.

Pilgrims called to this Advent experience should register by calling the Center at (616) 897-7842 or using the enclosed registration form. This one-day retreat held on Wed., December 2, begins at 9:00 a.m. and concludes at 3 p.m. Included in the day are materials, noon lunch, Mass, presentations, quiet time, and prayer. Fee: \$50.



The Franciscan Center morning preschool class and its parents enjoyed a visit by author and illustrator, Kevin Kammeradd, creator of the Tomato Collection, a series of poetry books for young readers. Kevin brought along his puppet friend, Jake, one of the main characters in the books. He led the audience in poems and song, from funny thoughts and wishes to little fears. Soon all were giggling, singing and clapping.

August 27	Preschool Open House: 2 – 4 p.m. and 5 – 7 p.m.	Public Welcome
September 1	Preschool Parent/Teacher Orientation	Call for more information
September 8	Fall Preschool/Music Lessons begin	Call for more information
Sept. 9 – Dec. 9	Wednesday Paint-In/Outs Open Studio	\$130
September 12	Community Work Day 9:30 a.m. to Noon (lunch provided)	Call for more information
Sept. 13 – Nov. 7	"Almost an Icon" Exhibition – Dee Versluis	Main Gallery
Sept. 13 – Nov. 7	"Markets & Gardens" Exhibition – Nancy Fuller	Bonaventure Gallery
Sept. 18 – Nov. 6	Loom Weaving w/ Jochen Ditterich (Friday mornings)	\$80
October 6 – 8	Intermediate to Advanced Watercolor Workshop w/Frank Webb	\$325
October 10	Community Work Day 9:30 a.m. to Noon (lunch provided)	Call for more information
October 10	LIFE fest 2009 "Evening of Inspiration" with guest speaker Father Stan Fortuna, CFR	\$60 adults/\$50 students (grades 7-12)
October 11	"A Country Sampler" A Family Fall Celebration	\$8/person or \$20/family
October 15-23	"Imaginary in Print" w/Rebecca Rodriguiz	\$200
October 17 & 31	Raku Workshop w/Maija & Karliss Maskevics	\$100
October 19 – 23	Icon Workshop w/Diane Hamel	\$295
November 11	Community Work Day 9:30 a.m. to Noon (lunch provided)	Call for more information
Nov. 21 – Jan. 16	"The Hand That Letters" Exhibition – Calligraphic Society of Grand Rapids	Main Gallery
December 2	Advent Retreat: In Search of Pilgrims: Destination Bethlehem (lunch included)	\$50
December 12	Community Work Day 9:30 a.m. to Noon (lunch provided)	Call for more information
March 6	Afternoon with the Arts: A Celtic Lore	\$20
Apr. 29 – May 1	"Painting Flowers with Colored Pencil" Workshop w/ Gary Greene	\$400
Thursdays	Pottery Class with Sr. Mary Colman Pyle (6:30 – 8:30 p.m.)	\$10/one hour or \$15/two hours
By Appointment	Individual & Adaptive Music Lessons	
By Appointment	Music Therapy Services	
By Appointment	Spiritual Direction/Counseling Services	

Fall Workshops

Wednesday Paint-in/Out's

September 9 (Weekly): Our fall session of Paint-in/Out Open Studio kicks off. Join this "open-studio" style class and work in your favorite medium or experiment with something new. This is not an instructional class, but a staff facilitator attends each session. Meets every Wednesday except holidays through December 9. **Artists of all skill levels welcome.** Fee: **\$130.** Limited to 18 artists.

Loom Weaving Classes

September 18 - November 6: This fall, Friday morning weaving classes include eight sessions under the direction of master weaver Jochen Ditterich. Students will be assigned a full-sized loom on which to create their piece. Trained in Germany, England and the U.S., Jochen brings over 50 years experience to his classes. Sign up early as these classes are limited to nine students and fill up quickly. *9 a.m. to noon weekly.* **Open to all levels.** Fee: **\$80.**

"Art in Motion" Watercolor Workshop

October 6 – 8: "Who's Who in American Art" member, AWS Bronze Medal of Honor winner and international award-winning watercolorist and instructor, **Frank Webb**, presents a jam-packed three-day exploration in watercolor. Combining vivid realism and dynamic abstraction, Frank's paintings exude atmosphere. Each day, students will take a different approach to the medium. Learn from this highly-sought instructor with over forty years of experience in an intensive and rewarding course. For a preview of his work, see his website at www.artshow.com/webb. **Intermediate to advanced level.** Fee: **\$325.**

"Imagery in Print" Workshop

October 15 – 17: With a degree in print-making and studies overseas, plus numerous solo shows, print artist **Rebecca Rodriguez** brings plenty of expertise to this intermediate to advanced printing workshop. Returning for an expanded workshop, Rebecca will explore more involved printing processes. Expect to spend one day working with color-reduction woodcut printing, learning how to design and create a multi-step woodcut, registering and proofing and finally printing multiple images. A variety of other printing methods will also be taught. **Open to all levels.** Fee: **\$200 (includes all materials).**

"Adventures in Raku" Workshop

October 17 & October 31: Clay artists **Maija and Karliss Maskevics** return to head one of the Center's most popular classes. Construct fire and glaze your own earthenware clay pieces with award-winning artists and mentors. Suitable for all levels, this workshop is great for those who want to try a new art form but yet challenging enough for advanced raku artists. Participants usually are able to finish 3 or 4 unique pieces. **Open to all levels.** Fee: **\$100 (includes all materials)** Limited to 14 students.

Icon Painting Workshop

October 19 – 23: Learn this centuries-old art form with highly-respected iconographer, **Diane Hamel**. Students will complete an icon panel from beginning preparations and painting all the way through gold leafing and varnishing. In addition, Diane includes a brief history of iconography and the meaning behind the symbols used in the images. Past participants have always enjoyed the devotional and contemplative character of the class. **Some art experience helpful.** Fee: **\$295 (includes all materials).**

Looking Ahead

"Painting Flowers with Colored Pencil"

April 29 – May 1: Master colored pencil artist **Gary Greene**, internationally-recognized artist, author of numerous books on the technique of colored pencil, Signature Member of the Colored Pencil Society of America, teaches a three-day course in this versatile medium. Students will paint a different subject using a new technique each day. To view Gary's work, see his website at www.ggart.biz. **Intermediate to advanced level.** Fee: **\$400.**



Volunteer Appreciation Day

Preschool Director **Fredna Rayford** (left) scoops ice cream for Franciscan Friend, **Jane Finch**, during the Center's annual Ice Cream Social. The event is held mid-June as a thank-you to the Franciscan Center's many volunteers and sponsors. This year, the Franciscan Center's music therapists provided the entertainment.

CATHOLIC RADIO IS ON THE AIR
IN WEST MICHIGAN

Visit www.HolyFamilyRadio.net,
or call 1-800-414-2834 for program
schedule and more.



"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."

- EPICURUS

Franciscan Friend *Algene Feurstein*, a retired journalist, wrote the following article.

The Best Day of the Week

My favorite day of the week is Friday. Why? That's the day that my friends and I plan our arrival at the Franciscan Center for about 9:30 a.m. After a quick meeting with Volunteer Coordinator Pat McClellan, we adjourn to the downstairs workroom and that is where the fun really begins.

All the Franciscan Friends volunteers are good at many forms of crafts, but we have our specialties. I like to do stitchery of all kinds plus knit and crochet. Others like to do quilting and other sewing projects. Many donate finished projects made at home. We learn from each other as we work. It's fun.

The amount of donations leaving the Center is just amazing. Everything from little things such as knitted chemo caps for hospital use to beautiful full-sized quilts are listed as, "finished" on the blackboard on the wall. The list constantly grows and changes as the months go by and needs change. It makes you feel good to know you are part of it. And it all begins on Friday mornings.

You would be amazed to know how many volunteers help at the Center, and not all in the Craft Room. Volunteers are also needed in the Pre-school from time to time and others in specialized areas around the complex, for spiffing up the flower gardens or helping with special events.

Most of us came to the Center to volunteer with our friends. Others heard about the volunteer program and called the Center for information and directions. Please join us. We'll be glad to add you to the group.

Franciscan Friends volunteers enjoy working together (from bottom left) Rachel Porter, guest Peg Crowell, Mary Richmond, Phyllis Lessens, Algene Feurstein and Ellan Myers.



Troubadour

Franciscan Life Process Center
11650 Downes Street NE
Lowell, MI 49331-9489
www.lifeprocesscenter.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT NO. 564

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.

Fall Event Registration Coupon

Please register me for the following (place a check in the box before class desired.)* I understand that class sizes are limited and that some may have already been filled.

- | | | | |
|--------------------------|-------------------|--|--|
| <input type="checkbox"/> | Sept. 9 – Dec. 9 | Wednesday Paint-In/Outs Open Studio* | \$130 |
| <input type="checkbox"/> | Sept. 18 – Nov. 6 | "Loom Weaving" w/ Jochen Ditterich (Friday mornings) | \$ 80 |
| <input type="checkbox"/> | Oct. 6 – 8 | Intermediate to Advanced Watercolor Workshop w/Frank Webb* | \$325 |
| <input type="checkbox"/> | October 10 | LIFE fest 2009 "Evening of Inspiration" w/ Father Stan Fortuna | \$60/adult
\$50/student (grades 7-12) |
| <input type="checkbox"/> | October 11 | "A Country Sampler" A Fall Family Celebration | \$8/person or \$20/family |
| <input type="checkbox"/> | Oct. 15 – 23 | "Imaginary in Print" w/Rebecca Rodriguiz | \$200 |
| <input type="checkbox"/> | Oct. 17 & 31 | Raku Workshop w/Maija & Karliss Maskevics | \$100 |
| <input type="checkbox"/> | Oct. 19 – 23 | Icon Workshop w/Diane Hamel* | \$295 |
| <input type="checkbox"/> | December 2 | Advent Retreat: "In Search of Pilgrims: Destination Bethlehem" (lunch included) | \$50 |

Looking Ahead

- | | | | |
|--------------------------|-----------------|--|-------|
| <input type="checkbox"/> | March 6 | Afternoon with the Arts: A Celtic Lore | \$20 |
| <input type="checkbox"/> | Apr. 29 – May 1 | "Painting Flowers with Colored Pencil" Workshop w/ Gary Greene | \$400 |

*A 50% non-refundable deposit is required to register for these classes and/or workshops. See cancellation policy below.

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone Number: _____ E-mail: _____

LIFE fest tickets: _____ (Number of Adult tickets for Saturday night at \$60 ea.) _____ (Number of Student tickets for Saturday night at \$50 each)

"A Country Sampler" Picnic: _____ (Number of Single tickets at \$8.00 each) _____ (Number of Family tickets at \$20 each)

Payment Options: Check Enclosed Visa MasterCard Total Amt. Enclosed:* _____

Credit Card # _____ (3-digit # on back of card) _____

*A \$1.00 processing fee added to all charge orders. Expiration Date: _____

Signature of credit card holder _____

Please make checks payable to: Franciscan Life Process Center. Mail your coupon to FLPC, 11650 Downes Street NE, Lowell, MI 49331-9489. For more information, call (616) 897-7842 or e-mail registrar@lifeprocesscenter.org or visit our website at www.lifeprocesscenter.org.

CANCELLATION POLICY: We depend on your attendance to make teaching and/or supply arrangements for classes and workshops. A 50% non-refundable deposit is required. The remaining balance is payable on or before your arrival at the Center. Cancellations of less than 48 hours of scheduled arrival will incur a \$50.00 service fee.