

# Troubadour

Newsletter of the Franciscan Life Process Center ♦ Vol 3, No 3, Spring 2009  
Art ~ Counseling ~ Music ~ Therapy ~ Preschool ~ Retreats ~ Volunteer



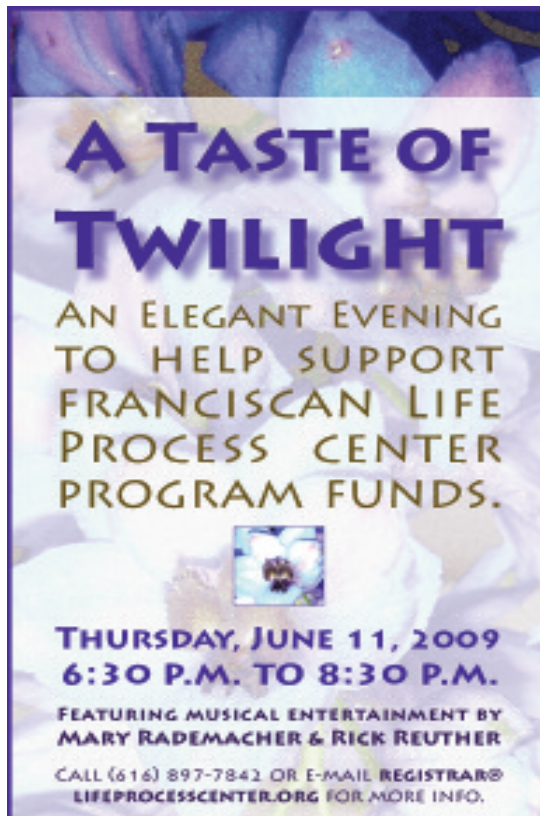
## On the Farm

At first, early signs of spring can pass barely noticed. A tiny patch of snow clears revealing a cluster of bright yellow crocus blossoms. The distinct orange chest-feathers of the robin herald its arrival and the departure of winter's junco. Dark buds on surrounding trees appear dormant one day, only to burst into shades of brilliant green the next. Subtle changes mark the beginning of spring, but promise a return of garden blooms, orchard blossoms, and warm breezes.

The barnyard animals herald the lengthening daylight hours with increased time spent in the fields. Rather than seek the warmth of their straw bedding, the goats, cows and miniature horses prefer the pasture's fresh grass. Volunteers help the Sisters and site maintenance staff clear protective mulch from vegetable and flower beds, prune shrubs and tidy the exterior grounds.

A new addition to the farm is the wind turbine mounted atop the barn. Donated by the Wege Foundation, the wind-powered generator was designed and installed by Cascade Engineering Services, Inc. of Grand Rapids. It provides supplemental power to all the farm buildings, reducing energy costs in an environmentally-sustainable method.

Several years ago, a prototype was tested at the farm, "Many remember the impressive structure, the massive blades, and the familiar sound they made," explains site manager, Cris Ritsema. He continues, "Now terms like 'carbon imprint' or 'Reduce, Reuse, Recycle' are catch phrases. While these things are on the minds more of the American public, strides are quietly being made in these areas. One such stride is in harnessing wind energy."

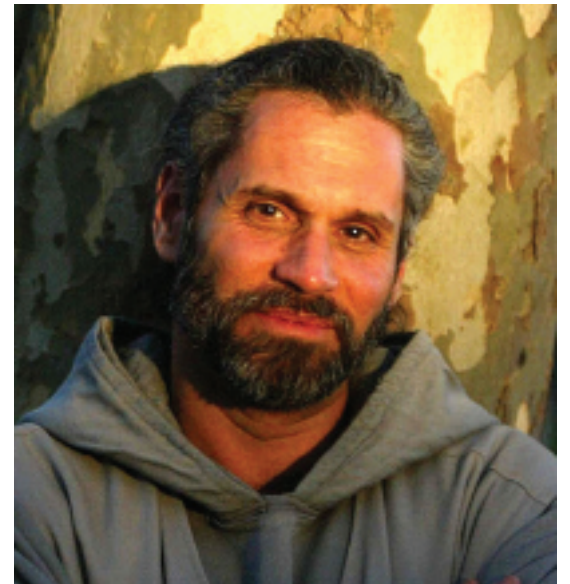


**A TASTE OF TWILIGHT**  
AN ELEGANT EVENING  
TO HELP SUPPORT  
FRANCISCAN LIFE  
PROCESS CENTER  
PROGRAM FUNDS.  
THURSDAY, JUNE 11, 2009  
6:30 P.M. TO 8:30 P.M.  
FEATURING MUSICAL ENTERTAINMENT BY  
MARY RADEMACHER & RICK REUTHER  
CALL (616) 897-7842 OR E-MAIL REGISTRAR@  
LIFEPROCESSCENTER.ORG FOR MORE INFO.

## “A Taste of Twilight” Tickets are Available

Tickets are available for “A Taste of Twilight,” an elegant evening with premier vocalists Mary Rademacher and Rick Reuther. The annual fund raiser takes place Thursday evening, June 11, from 6:30 to 8:30 p.m. All proceeds help support the Center's program funds including endowment fund, music therapy and lessons, retreat programs, preschool education and art classes and workshops.

The singers will be accompanied by musicians Cherie Lynn Hagen and Tom Hagen. Guests can also enjoy strolling appetizers, desserts, wine and other beverages catered by Amway Grand Plaza. Tickets are \$50 per person and reservations are required. For tickets or more information, call (616) 897-7842 or e-mail registrar@lifeprocesscenter.org.



## New FLPC Website Debuts On-Line

After many months of discussion, creative design and web construction, the re-designed Franciscan Life Process Center website debuted in late December. New features include rotating photographs and drop-down menus for each department plus links to printable forms.

Sister Kieran Foley, FSE, of Synergic Systems, Inc. in Meridian, Ct, used input from Center department directors and designed a site that reflects the peaceful atmosphere of the surrounding land. An experienced web designer, she selected soothing colors, type-faces and photographic images for a clean, modern look. We hope that visitors find the website more “user-friendly.”

Please visit us at [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org). Let us know what you think by emailing to [flpc@lifeprocesscenter.org](mailto:flpc@lifeprocesscenter.org).

## Gardening Classes Starting in March

From March through May, a series of classes focusing on herb, vegetable and perennial gardening will be held at the Franciscan Center. Experts from the area will offer instruction on herb Wednesday mornings from 9:30 – 11:30 a.m. Participants will have the opportunity for discussion and questions. For more information, call (616) 897-7842.

## Plans Continue for Fall LIFE fest '09 Program

LIFE fest '09 may be many months away but the planning for the weekend event has begun. Already *Father Stan Fortuna, CFR* has been scheduled to speak and perform at Saturday's “Evening of Inspiration” dinner. 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.

This dynamic Catholic priest is one of the original eight members of the Community of Franciscans of the Renewal founded in 1987 in the barrios of New York. He has ministered world-wide, using his background as a cabaret singer and music composer as a tool to reach both young and old. Father Stan will also lead

(continued on page 2)

## New Music Intern Joins Music Therapy Staff

Alisha Snyder is used to balancing music and education. Ever since high school when she began teaching piano to earn extra money, she developed a knack for combining class and music time. Now the Franciscan Center's Music Therapy Department's newest music intern is working on her board certification in Music Therapy while finishing her thesis for a Master of Music Therapy at Western Michigan University. In addition, she works an average of 35 hours weekly with the internship program.

The internship begins with the student spending hours closely observing board-certified music therapists who are actively working at many different sites and progresses to the time when the student assumes responsibility for the music therapy sessions. This includes the entire process: assessment, planning, treatment and evaluation. During the entire internship weekly meetings with a supervising music therapist are held. Mid-term and final evaluations by the music therapy staff are sent to the college/university of the student. After completing the internship, the student is equipped to take the national board certification exam and is credentialed as a board-certified music therapist, MT-BC.

"I have wanted to be a music therapist since high school," explains Alisha, "having played piano for my grandparents in nursing homes and seeing the results of music on the patients. Music therapy is such an eclectic degree; it combines psychology, physiology, biology, and more." She chose Calvin College for its faith-based educational system where she earned a Bachelor of Arts degree in Music before transferring to Western Michigan University. She is married and plays organ and bassoon in her short amount of spare time.

## Plans Continue for Fall LIFE fest '09 Program (cont.)

Mass on Sunday and entertain at "A Country Sampler" held Sunday afternoon.

Tickets will be sold separately for the Saturday dinner and Sunday's event. A full slate of games, music and activities are being planned. Bake-sale items, pottery, fresh-baked bread and other home-made treats will be some of the new items for sale in the main tent. This year, attendees have the option of ordering a picnic lunch in advance or purchasing a ticket for just the games and activities.

Look for more information in the summer issue of the Troubadour or on our website at [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) For more information about Father Stan, visit his website at [www.francescoproductions.com](http://www.francescoproductions.com).



## Spring Art Classes Include Open Studio & Photography

This spring, the art department has two new offerings on Tuesdays: a daytime session of the popular Paint-in/out Open Studio and an evening course for beginner and intermediate level students in digital photography.

### Tuesday Paint-in/Out

As our Center becomes more of a retreat destination for various groups, we invite visual artists to meet for a weekly series of open-studio sessions. Artist *Kathleen Crane* will mentor the new Tuesday classes while artist *John Knight* continues to lead the Wednesday sessions. The series are self-directed sessions in the artist's chosen medium, not instructive workshops. Other than mentoring that takes place when like-minded people work together, no painting or sketching skills will be taught.

Artists may work in the studio, paint on the grounds or enjoy occasional excursions around the area. Each work session includes a critique session where participants look at the work that's been done and offer advice and encouragement. Unlike other workshops of only a few days, this weekly series is focused on personal growth. Artists must bring their own supplies.

### Digital Photography

Professional photographer and artist *Randall Gornowich* offers over fifteen years experience teaching photography plus skills learned on location photographing around the world when he begins Tuesday night classes in digital photography. The accomplished mixed-media artist works in digitally-manipulated and realistic styles of photography and both full and black/white color work.



Artist Kathleen Crane

For students who have just purchased a digital camera but are overwhelmed with many features or those trying to achieve more creativity or imagination, Gornowich is the perfect instructor. Expect to learn some technical ins and outs of your camera, how to create a more interesting composition, and how photography connects to the world. Class time will include lectures, demos, presentations, critiques, and weekly creative assignments. Students must have own camera (manual setting camera owners will gain the most from these classes.)

*For course fees and dates, see the spring registration form.*

## Volunteers Are Needed to Assist in Preschool

Preschool Teacher Fredna Rayford and teacher aide Miranda Gasper are seeking volunteers to help in various capacities in the preschool. Those interested are asked to call (616) 897-7842 or e-mail [flpc@lifeprocesscenter.org](mailto:flpc@lifeprocesscenter.org) for more information.

### Other Needs

The preschool would like to replace its old fish tank and pump or simply the aged pump. If you have a tank or pump you could donate, please call or e-mail the phone or address above.

Finally, several children's sleds are in need of replacement after the harsh winter. Anyone wishing to donate a new or gently-used sled gathering, please call the Center.



Preschooler Emily Schlappi works on a puzzle.

## Changes of Address/Additions to Mailing

For those readers who have moved, are receiving duplicate mailing from the Franciscan Center, or would like to make any corrections to their mailing or contact address, please call (616) 897-7842 or e-mail [registrar@lifeprocesscenter.org](mailto:registrar@lifeprocesscenter.org). Please include the old address and new corrections.

Those who would like to be added to our mailing list may also use the above phone number or e-mail address. Please send the following information: complete name, street address, city and zip code. Phone number and e-mail address are optional.

SPRING CALENDAR	March 4 – April 1	Lenten Lunches begin (Wednesdays at noon) . . . . .	Public Welcome/Donations appreciated
	March 4 – May 27	Gardening Retreat (Wednesdays 9:30 – 11:30) . . . . .	Donations appreciated
	March 7	Afternoon with the Arts: LA MUSICA DE LATINOAMERICA (1 p.m. – 4 p.m.) . . . . .	\$20
	March 11	"Entering Lent: After the Ashes what then?" Lenten Retreat (9 a.m. to 3 p.m., includes lunch) . . . . .	\$50
	March 20 – May 8	Loom Weaving w/ Jochen Ditterich (Fridays 9 a.m. – noon) . . . . .	\$80
UPCOMING	April 7 – June 9	Basic Photo w/ Randall Gornowich (Tuesdays 7 - 8:30 p.m.) . . . . .	\$175
	April 14 – August 4	Tuesday Paint-in/Paint Outs (weekly) . . . . .	\$120 (before March 15) \$150 after
	April 15 – August 5	Wednesday Paint-in/Paint Outs (weekly) . . . . .	\$120 (before March 15) \$150 after
	May 11 – 15	"Chaos to Order" multi-media workshop w/ Kathleen Conover . . . . .	\$300
	June 11	"A Taste of Twilight" Annual Fund-Raiser (6:30 – 8:30 p.m.) . . . . .	\$50
	June 15 - 18	Loom Weaving w/ Jochen Ditterich (4 Full Days) . . . . .	\$85
	June 15 – July 20	"Interpreting Nature" Pastel Classes w/ Marianna Heule (Mondays only 6:30 – 9 p.m.) . . . . .	\$175
	June 22 – 26	"Watercolor: Beyond the Basics" workshop w/ Linda Baker . . . . .	\$350
	July 27 - 30	Loom Weaving w/ Jochen Ditterich (4 Full Days) . . . . .	\$85
	August 13 - 15	HARP fest 2009: A Bit o' Irish w/ Dennis Rybicki . . . . .	\$295 or \$125 per day
ON GOING	August 19 – 22	"The Botanical Sketchbook" Watercolor/Journal workshop w/ Barbara Holmer . . . . .	\$195
	October 6 – 8	Intermediate to Advanced Watercolor Workshop w/Frank Webb . . . . .	\$325
	Thursdays	Pottery Class with Sr. Mary Colman Pyle (6:30 – 8:30 p.m.) . . . . .	\$10/one hour or \$15/two hours
By Appointment	Individual Music Lessons. Call for details.		
By Appointment	Group Music Lessons. Call for details.		
By Appointment	Music Therapy Services. Call for details.		
By Appointment	Spiritual Direction. Call for details.		

## Spring Workshops

### Paint-in/Outs

#### Weekly starting mid-April through early August:

This is not an instructional class, but an "open-studio" format. Artists work alongside other artists in the Center's studio, on the grounds, or on occasional field trips in and around Lowell. Unlike other workshops of only a few days, this weekly series is focused on personal growth. Staff facilitators attend each session. **All levels welcome. Meets every Tuesday or Wednesday except holidays beginning April 14 through August 5 afterwards. Sign up early as each day is limited to 18 artists per day. Fee: \$150**

### "Basic Photo" Classes

#### April 7 - June 9: (Tuesday evenings only)

So you have now purchased a digital camera but are overwhelmed with all the features? Or perhaps you were hoping your images could look a little more creative or imaginative? Professional photographer and artist **Randall Gornowich** brings over fifteen years of teaching experience to this series of classes in basic digital photography designed for the beginner or intermediate student. Expect to learn some technical ins & outs of your camera, how to create a more interesting composition, and how photography connects to the world. Class time will include lectures, demos, presentations and critiques. *For examples of Randall's work, visit his website at: [www.randallart.com](http://www.randallart.com).* Must have own camera. Those owning manual settings camera owners will gain the most from these classes. 7-8:30 p.m. Fee: \$175

### "Chaos to Order" Mixed-media Workshop

**May 11 – 15:** Exploration, experimentation and "stepping out of the box" is the order of the day with nationally-recognized multi-media artist **Kathleen Conover**. If you missed Kathleen's water-media workshop in 2008, here is another opportunity to experience this exciting, stimulating, and inspiring week of fun. Stressing design and composition with imaginative combinations, color media and materials, Kathleen encourages her class to create truly personal images. Numerous demos, handouts and individual attention make her workshops Center favorites. To see examples of Kathleen's work, visit her website at [www.kathleenconover.com](http://www.kathleenconover.com). **Intermediate to advanced levels. Sign up early as this workshop is limited to 12 students. Fee: \$300**

### Loom Weaving Classes

**June 15 – 18:** For the first time, master weaver **Jochen Ditterich** offers his popular loom weav-

ing classes during the summer. Trained in Germany, England and the U.S., Jochen has over 50 years experience. The classes are open to beginners to experienced students and each weaver will be assigned a full-sized loom on which to learn and create his or her piece. Sign up early as these classes are limited to nine students and fill up quickly. **These classes meet 9:30 to 3 p.m. daily for the 4 full days. Fee: \$85**

### Plein Air Pastel Classes

**June 15 – July 20:** Learn to interpret landscape's nuances of color, light and texture in new ways with award-winning pastelist **Marianna Heule**. In these six Monday sessions from 6:30 to 9 p.m., the participants will have the opportunity to explore the Franciscan Center grounds, taking advantage of the scenery for explorations into perspective, design and "interpreting nature as a treasured gift." To see examples of Marianna's work, visit her website at [www.mariannabeule.com](http://www.mariannabeule.com). **All levels with some drawing experience. Fee: \$175 Limited to 15 students.**

### "Watercolor: Beyond the Basics" Workshop

**June 22 – 26:** Nationally-recognized watercolorist **Linda Baker** returns to teach a five-day course designed for intermediate to advanced watercolorists. Utilizing transparent watercolor, Linda touches on different approaches to the medium from direct painting to pouring techniques, all with an emphasis on composition and design. Slide presentations, critiques and plenty of individual attention make this workshop a great learning experience. For a look at Linda's work, see her website at [www.lindabaker.biz](http://www.lindabaker.biz). **Intermediate to advanced level. Fee: \$350**

### Loom Weaving Classes

**July 27 – 30:** Master weaver **Jochen Ditterich** begins a second set of his popular loom weaving classes. . Trained in Germany, England and the U.S., Jochen has over 50 years experience. The classes are open to beginners to experienced students and each weaver will be assigned a full-sized loom on which to learn and create his or her piece. Sign up early as these classes are limited to nine students and fill up quickly. **These classes meet 9:30 to 3 p.m. daily for the 4 full days. Fee: \$85**

### "Sketchbook Pages for Botanical Art:

#### Creating a Watercolor Reference Guide"

**August 19 – 22:** Botanical art is a combination of art and science, especially suited to those who love nature and detail. Join American Society of

Botanical Artist and the Guild member **Barbara Holmer** as she leads a workshop tailor-made for the nature lover and artist. Create a reference guide for botanical art that is part sketchbook / part journal. Students will learn about color mixing and watercolor washes, then create pages of graphite and watercolor sketches. Each page will focus on different plant structures such as leaves, stems, and flowers. Sketches and notations will provide a format for increasing the observational skills and accurate references for future plant portraits. **Limited to 15 students. Intermediate to advanced students. Fee: \$195**

### "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](http://www.artshow.com/webb). **Intermediate to advanced level. Fee: \$325**

## Entry Forms Available for Summer Art Show

Each year, the Lowell Area Arts Council and the Franciscan Center hold a joint art show with artists' entries on exhibition at both locations. "Entwined Lines: the Art of Weaving," a multi-media exploration of the creative use of weaving, takes place June 9 through July 16. Artists are invited to enter up to four 2 or 3-dimensional pieces. Entries may be dropped off at Lowell Area Arts Council on May 29 or 30.

The show is open to artists ages 13 and up. Weaving does not have to be a major component of the work but should be a feature. The fee is \$5 per entry or \$15 for four entries. For a form or more information, call the Franciscan Center at (616) 897-7842 or Lowell Area Arts Council at (616) 897-8545 or at [info@lowellartscouncil.org](mailto:info@lowellartscouncil.org). Forms are also available for pick-up at the Franciscan Center or Lowell Area Arts Council locations.

# Troubadour

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

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**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.

## Spring 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"/> | March 7          | Afternoon with the Arts: LA MUSICA DE LATINOAMERICA ticket                     | \$20  |
| <input type="checkbox"/> | March 7          | Afternoon with the Arts: LA MUSICA DE LATINOAMERICA gift certificate           | \$20  |
| <input type="checkbox"/> | March 11         | "Entering Lent: After the Ashes what then?" Lenten Retreat                     | \$50  |
| <input type="checkbox"/> | April 7 – June 9 | "Basic Photo" w/ Randall Gornowich (weekly)                                    | \$175 |
| <input type="checkbox"/> | Apr 14 – Aug 4   | Tuesday Paint-in/Outs (weekly)*  | \$150 |
| <input type="checkbox"/> | Apr 15 – Aug 5   | Wednesday Paint-in/Outs (weekly)*  | \$150 |
| <input type="checkbox"/> | May 11 – 15      | "Chaos to Order" multi-media workshop w/ Kathleen Conover*                     | \$350 |
| <input type="checkbox"/> | June 11          | "A Taste of Twilight" Annual Fund-Raiser                                       | \$ 50 |
| <input type="checkbox"/> | Jun 15 – 18      | "Loom Weaving" w/ Jochen Ditterich (4 full days)                               | \$ 85 |
| <input type="checkbox"/> | Jun 15 – Jul 20  | "Interpreting Nature" Pastel Classes w/ Marianna Heule (Mondays only 6:30-9pm) | \$175 |
| <input type="checkbox"/> | Jun 22 – 26      | "Watercolor: Beyond the Basics" w/ Linda Baker                                 | \$350 |
| <input type="checkbox"/> | July 27 – 30     | "Loom Weaving" w/ Jochen Ditterich (4 full days)                               | \$ 85 |
| <input type="checkbox"/> | Aug 13 – 15      | "HARP fest 2009: A Bit o' Irish" w/ Dennis Rybicki*                            | \$295 |
| <input type="checkbox"/> | Aug 13           | "HARP fest 2009: A Bit o' Irish" w/ Dennis Rybicki ONE DAY ONLY*               | \$125 |
| <input type="checkbox"/> | Aug 14           | "HARP fest 2009: A Bit o' Irish" w/ Dennis Rybicki ONE DAY ONLY*               | \$125 |
| <input type="checkbox"/> | Aug 15           | "HARP fest 2009: A Bit o' Irish" w/ Dennis Rybicki ONE DAY ONLY*               | \$125 |
| <input type="checkbox"/> | Aug 19 – 22      | "The Botanical Sketchbook" Watercolor/Journal workshop w/ Barbara Holmer*      | \$195 |
| <input type="checkbox"/> | Oct 6 – 8        | Intermediate to Advanced Watercolor Workshop w/Frank Webb*                     | \$325 |

\*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: \_\_\_\_\_

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. Effective August 1, 2008, 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.

## Franciscan Friends Partner with Sew Much Comfort

It is a perfect match – combine a group of volunteers with clever sewing skills and an organization that supplies adaptive clothing for the needy. That is the concept behind the pairing of the Franciscan Friends and Sew Much Comfort, a national charity organization that provides specially altered clothing to injured veterans, amputees, or those with medical conditions that make it difficult to wear conventional clothing.

Recently, Sew Much Comfort Regional Director Patricia Quintero met with Franciscan Center Volunteer Coordinator Pat McClellan to discuss the needs of the organization and how Franciscan volunteers could help. Volunteers from Sew Much Comfort taught Franciscan Center methods used by their organization to alter pants, t-shirts, sweatshirts and other garments.

Sew Much Comfort has taught hundreds of volunteers its clever techniques to make garments virtually indistinguishable from regular clothing. Some seams are carefully removed and replaced with soft Velcro. Not only does altered clothing make dressing easier but it provides a sense of dignity and freedom by minimizing the visual evidence of wounds or amputations.

The Franciscan Friends have a long history of giving comfort through their sewing and knitting talents, whether it is for the new-born or elderly. This latest partnership is another means to give back to the community. Those interested in helping with this program, becoming a Franciscan Friend at the Center or working from home may call (616) 897-7842 or e-mail flpc@lifeprocesscenter.org.

*Sew Much Comfort Regional Director Patricia Quintero (from left) looks on while SMC volunteer Janet Lechies demonstrates how to alter clothing. Franciscan Center volunteer Catherine Cove and Franciscan Center volunteer coordinator Pat McClellan observe.*



*"Faith is to believe what you do not see; the reward of this faith is to see what you believe."*

- ST. AUGUSTINE