

# Troubadour

Franciscan Life Process Center

FALL 2012

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.*

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## LIFE Retreat Program 2012-2013

"The minute I turn down the lane, I feel a difference. I can't name it, but it's there." Sister Sarah Doser, FSE, director of the retreat program, often hears this response from those who have visited the Franciscan Life Process Center, Lowell Campus, for retreats, professional development days or spiritual direction.

The retreat program, served by staff members Sister Sarah Doser and Sister Mary Timothy Prokes, FSE, offers a variety of experiences that can accommodate the desires of individuals or groups. While a series of themed retreats have been planned for the coming year, staff members are available to assist those seeking personal or corporate retreat time that is tailored to their specific needs.

This allows creative development for private, personally directed, and group retreats. The Center also offers spiritual direction. Sister Sarah and Sister Mary Timothy desire to build upon the real-life experiences of those who come, helping them to find the sacred in ordinary life. To that end, a variety of day-long retreats for various age groups have already been planned at both the Lowell and Grand Rapids Campuses. (See schedule on page 2)

Among other options for individuals or groups are the private retreats offered at the Lowell campus. Retreatants can choose several housing options, from a private room within the Life Center, to a "yurt" or a home. They may choose to spend time in solitude or receive assistance from a Franciscan Guide. In addition, they may join the Sisters

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## Bowl-a-Rama 2012 a Huge Success

The sounds of pins crashing, laughter, and an occasional "Strike!" filled Northfield Lanes in Grand Rapids on August 9. After purchasing a lane, families and office groups from a variety of businesses enjoyed an evening of bowling, pizza, and Culver's frozen custard. In addition, drawings were held for gift certificates to area businesses, a 32 in. television, a large outdoor grill, and a stay at the Harbor House Inn in Grand Haven. "Bowl-a-Rama keeps getting better and bigger every year," said event planner Gerrie Murray. "Special thanks to all the people who bought lanes and made donations to the event!"



*"Each of us is the result of a thought of God. Each of us is willed. Each of us is loved. Each of us is necessary."*

Pope Benedict XVI

Dear Friends,

It is autumn and the environment is definitely changing from all the heat in the summer to cool air and ripening fields.

With the advent of this new season of the year, the programs of our Center continue to change and to grow. We recently decided to close our preschool program after 37 years of wonderful service and work with children and families throughout West Michigan. As we move forward, we will be serving increasing numbers of children and families through our music therapy, music education, counseling and retreat programs at both our Grand Rapids and Lowell Campuses.

As you will notice in our front page article, we are encouraging everyone to begin to think of our Lowell Campus as a destination for retreats of all varieties as well as for spiritual direction. We have had families come for retreat and reunion, professional groups who come to meet and work together in this rural setting, faith community groups, individuals and married couples as well as university students and grade school children all come for a variety of purposes. We simply want to spread the word that more time and space are available for your family or group.

I do have one special request in this issue of the Troubadour. As our music programs continue to serve many more people and our staff grows, we are currently in need of additional drum sets to use with children and adults. If you have one of those and are willing to donate it for our use, please contact Sister Mary Margaret at 897-7842.

As we move steadily into this fall and early winter, we want you to know of our daily prayers and thoughts for all of you and your family members. It is our privilege to include you in all that we do to be of service to the many.

*Sister Colleen Ann FSE*

Sister Colleen Ann, FSE, Director

## Inclement Weather Doesn't Stop Festival in the Fields

A summer rain storm didn't stop the fun at this year's Franciscan Festival in the Fields event. As thunder clouds loomed on the horizon, staff and attendees brought the events into the Life Process Center so that the Cookie Bake-Off, the children's games, the Country Store and the music could continue. Families moved throughout the spacious rooms of the Center to enjoy the evening as the downpour soaked the surrounding fields.

## Retreat Program (continued)

at specified times to pray the Liturgy of the Hours or pray in the Annunciation Chapel. Of course, an integral part of any retreat experience includes the 230 acres of woods, rolling hills, trails, gardens, and farmland which offer opportunities for hiking and cross-country skiing.

Recently, the Retreat Program has burgeoned as church groups, businesses and families come for meetings, professional development or simply "time away." The Center has both large and small meeting rooms, a dining room, and a fully-equipped kitchen. These facilities, combined with stunning landscapes, support a unique environment for team building through workshops and professional development days. Local colleges, parishes, businesses, and ministerial groups have found the Life Process Center a place suited for planning, learning and praying. Families use the yurts and San Pietro (a home on the grounds) for spending time together, "reconnecting" away from the busyness of scheduled daily life.

In spiritual direction, the goal of a spiritual director is assistance of individuals on their faith journey, helping them to respond to God's presence in the midst of daily life. Periodically meeting with a spiritual director assists one in deepening relationship with God. Sister Sarah reminds: "Faith is a journey lasting a lifetime; wherever you are in your journey, we offer opportunities to help you on the way."

### LIFE Retreat Program (2012- 2013)

DATE	LOCATION	THEME	TIMELINE	AUDIENCE	
Nov. 2 – 3, 2012	Lowell Campus	"Re-tiring": Men Journey to a New Horizon	Fri. 7:00 pm to Sat. 2:00 pm	Those planning to retire or retired	\$75
Dec. 7, 2012	Grand Rapids Campus	Encountering Christ: Home at Last	Fri. 9:30 am to 2:00 pm	Returning Catholic, converts; those wanting to deepen their faith	\$50
Dec. 8, 2012	Lowell Campus	Encountering Christ: Home at Last	Sat. 9:30 am to 3:00 pm (Mass)	Returning Catholic, converts; those wanting to deepen their faith	\$50
Jan. 4 - 5, 2013	Lowell Campus	Is Permanent Commitment Possible?	Fri. 7:00 pm to Sat. 2:00 pm	Young adults	\$75
Feb. 20, 2013	Lowell Campus	Lent in the Year of Faith	Wed. 9:30 am to 3:00 pm	Adults	\$50
Mar. 22, 2013	Grand Rapids Campus	Mysteries of Holy Week Day by Day	Fri. 9:30 am to 2:00 pm	Adults	\$50
Mar. 23, 2013	Lowell Campus	Mysteries of Holy Week Day by Day	Fri. 9:30 am to 2:00 pm	Adults	\$50
Apr. 19 - 20, 2013	Lowell Campus	In Crossing the "Virtual Thresholds" Do You Need a Body?	Fri. 7:00 pm to Sat. 2:00 pm	Young Adults and Adults	\$75
May 3 - 4, 2013	Lowell Campus yurts/tents	The Beauty of Creation: Thresholds to God	Fri. 7:30 to Sat. 2:00 pm	Families	\$100
June 1, 2013	Lowell Campus	What Next for Women? Life Beyond Retirement	Sat. 10:00 am to 3:00 pm	Those planning to retire or retired	\$50

# Mark Your Calendar for a Year of Enriching Events

## **Community Work Days: Second Saturday monthly, March through November**

Join us for a morning of chores down on the farm while enjoying the rolling hills and peaceful surroundings. Activities take place in the morning followed by a communal lunch. Work days are a great family activity or group team building exercise. Contact the Center at 897-7842 to sign up. If there is a question about weather, call 897-5220 the day of the event.

## **LIFefest 2012: October 18, 6:30 – 9 pm**

Preparations are underway for this year's LIFefest. Contact Gerrie Murray at 897-7842 ext. 307 or gmurray@lifeprocesscenter.org

## **Mardi Gras Supper: February 12, 2013, 5 – 8:00 pm**

Celebrate Mardi Gras with us by enjoying pancakes made from the Franciscan Sisters' favorite recipe, sausage and fresh fruit. Hosted at the Franciscan Life Process Center, Lowell Campus. Donations appreciated.

## **Franciscan Lenten Lunch Prayer Experience, Wednesdays from February 20 through March 20, 2013, Noon – 1:00 pm**

Enhance your Lenten journey by joining us for lunch on Wednesdays. Lunch includes soups donated by local restaurants, bread made by our Franciscan volunteers, and applesauce made from the apples grown on our farm. A Lenten prayer will be offered at 12:45. Hosted at the Franciscan Life Process Center, Lowell Campus. Donations appreciated.

## **Afternoon with the Arts: Praise in the World, March 2, 2013, 1:00 pm**

In keeping with our Holy Father Pope Benedict's announcement of a Year of Faith and his call to greater holiness in daily life, join us for an afternoon of harp music that will lift your spirits and thoughts to the Divine.

## **Noto's Spring 2013 Charity Wine Fest: Date/Time TBA**

Once again we are fortunate to be included in this unique event which benefits local charities. Hosted at Noto's Old World Italian Dining, 6600 28th St. SE Grand Rapids, MI, attendees will be able to sample great cuisine and over 300 international wines. Purchase of wines at discounted rates will be available.

## **Music Recitals: May 18 & 19, 2013 1:30 & 4 pm each day**

The sounds of music will resonate throughout the Lowell Campus as students from both campuses demonstrate their music making skills. A reception will follow each recital.

## **Franciscan Festival of the Fields 2013: June 15, 4:00 - 8:00 pm**

Mark your calendars now for this family friendly event featuring children's activities, wagon rides, a Country Store, and good things to eat. New this year will be live music performed by Pacific Lite, a duo that plays popular music and jazz, and the Thornapple Jazz Orchestra, a group of community members and regional instrumentalists who play Big Band music. Entrance/Parking fee is \$20 per car. All proceeds benefit our scholarship fund. Hosted at the Franciscan Life Process Center, Lowell Campus.

## **Bowl-a-Rama: August 8, 2013 6:00 – 9:00 pm**

This is a fun event for families, groups of friends, and offices. Purchase a lane for up to six people and enjoy an evening of bowling, pizza, and prizes for kids and adults. All proceeds go to the Franciscan Life Process Center.

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

Contact Gerrie Murray at 897-7842 ext. 307 or gmurray@lifeprocesscenter.org for additional information.

## **HARPFest 2013: Experience the Harp August 16 & 17**

Serena O'Meara, harpist, music therapist, educator, composer, and arranger, will lead this two day workshop for harpists of all ability levels.

Participants will learn techniques, skills, and styles which will enable them to share their music with others in a new way. Hosted at the Franciscan Life Process Center, Lowell Campus.

Serena will give a public concert at 7:30 pm, August 16th. Tickets are \$15 in advance, \$20 at the door.





[www.lifeprocesscenter.org](http://www.lifeprocesscenter.org)

## Did you know?

This fall marks the first anniversary of the opening of our downtown campus at the corner of 5th St. and Davis NW, Grand Rapids. In addition to music therapy, programming includes music lessons, counseling, spiritual direction, and retreats. The Paint In/Paint Out group met there during the winter months as did the Roots Will Rock group. The Center staff is excited and encouraged with the growth of our programs in the new location!

## Harpists from Seven States Attend Workshop

Twenty seven harpists from seven states attended this year's HARPfest held in August. In addition to attending sessions led by Rhett Barnwell, harpists enjoyed participating in a harp circle and meeting with the four vendors in attendance. A highlight of the two day workshop was a beautiful concert, Serenade for the Soul, given by Mr. Barnwell and Lindsey Perrault, one of our staff members.



## Music Therapists Attend National Conference

The Center music therapists travel to Illinois in October to attend the American Music Therapy Association 2012 National Conference "Changing Winds: Innovation in Music Therapy." The three day conference offers them the opportunity to attend continuing education sessions, hear presentations by nationally known speakers and collaborate with music therapists from throughout the country.

## How can we help you?

The Center offers music lessons, music therapy, spiritual direction, and counseling sessions at both the Lowell campus and the Grand Rapids campus at the corner of 5th St. and Davis NW, Grand Rapids. Artists of all skill levels meet every Wednesday to encourage and inspire one another during Paint In/Paint Out sessions. On Friday mornings, while a group of weavers improve their skills under the guidance of Jochen Ditterich, the Franciscan Friends, one of our volunteer groups, meet to work on specialized projects and offer advice and help to those who have questions regarding sewing or needlework. The Center also has space available for meetings, study groups, and professional retreats. Please call us at 616-897-7842 for more information about these opportunities.

