

Troubadour

Franciscan Life Process Center

FALL 2013

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.

This Issue of Troubadour

"Now Go Do It"	1
Visitors from Alma College	2
It was a busy summer at the Center	2
Mark Your Calendar	3
Two Interns Join the Staff	3
Retreats at the Franciscan Life Process Center	4
Did You Know?	4
Roots Will Rock	4

"The light of faith illuminates all our relationships and helps us to live them in union with the love of Christ, to live them like Christ."

Pope Francis via Twitter, August 5, 2013



POPE JOHN PAUL II
"This is what we believe."



POPE BENEDICT XVI
"This is why we believe it."



POPE FRANCIS
"Now go do it."

"Now Go Do It"

Pope John Paul encouraged us to love our faith. Pope Benedict XVI gave us the tools to know what our faith is about. As Pope Francis begins his papacy, he challenges us to take our love and our knowledge of the faith and use it to bring the message of Jesus to the world through our actions. "In God's great plan, every detail is important, even yours, even my humble little witness, even the hidden witness of those who live their faith with simplicity in everyday family relationships, work relationships, friendships." (Homily, April 14, 2013).

For 40 years, the Franciscan Sisters of the Eucharist and the staff of the Franciscan Life Process Center have put their faith into action through their work in West Michigan.

Counseling - The counseling staff works with school populations and individuals, couples, and families. They also work with crisis intervention teams and provide consultation services.

Spiritual Direction - The intent in spiritual direction is to accompany others on their spiritual journey to encounter Christ and deepen a life of prayer. Sisters on staff meet with directees on a regular basis to guide them on their journey.

Retreats - The retreat programs provide both individuals and groups time to reflect on the role of faith in their lives. The Center offers private retreats for guests seeking a time for silence and prayer, directed retreats for those who wish to meet with a spiritual director, and group retreats, either private or directed, for up to thirty people.

Meeting Space - Use of our meeting facilities provides church, business, and community groups a place to gather for staff development and/or long range planning.

Music Instruction - Private lessons on the piano, trumpet, clarinet, drums, harp, guitar and voice are offered to students of all ages and ability levels including those with special learning needs.

Music Therapy - Our music therapists provide services to adults and children within schools, hospitals, nursing homes and assisted living facilities in the greater Grand Rapids area. In addition, individuals come to both campuses for treatment to assist them with difficult life situations.

Fine Arts Programs - The Center provides a variety of opportunities to area artists and musicians. Some come to the Center to attend weaving classes or participate in the Paint In/ Paint Out group. Others use the overnight accommodations and the land as inspiration or a place to reflect and re-energize.

As we continue our journey through this "Year of Faith," the Sisters and staff thank you for the many ways you've helped us provide services for those in need. We encourage you to let others know about the services and programs we offer. Furthermore, we invite you to call us. We would be happy to assist you as you answer the call of Pope Francis, " Now go do it."

Dear Friends,

We are now moving into the fall and early winter seasons of this year. The summer has flown by with time for relaxation, reconnecting with family and friends, possibly some travel and, of course, the ever-present "transitions" that go with each season.

Franciscan Festival in the Fields was a great event held in the middle of June, and all who attended were treated to music provided by *Pacific Lite* and the *Thornapple Jazz Orchestra*. They also enjoyed picnic foods, crafters and bread sales. Our goal, in addition to guests enjoying the land and our facilities, was to raise money for our scholarship fund. To assist the many families who must provide multiple therapies for their children or other family members is a challenge and a privilege which drives us to come to you asking for your continuing support.

In August, we had our first annual Memorial Service for those who have died in the past year who had a relationship with the Center. We did a planting on our land to honor the lives of those who died, E. James Jackoboice, Rose Marie Redding, Lorraine Nellist and Jan Upp. A memorial marker was placed by each tree. As we move into our next cycle, we will remember all those who die, and we will celebrate their lives next August as we plant a living reminder of their giftedness to us with their families and friends. If you would like us to add your loved one to our Memorial List, please call me.

Our annual Bowl-a-Rama event and HARPfest, 2013 were wonderful celebrations, too. Please look for information about each of these events in this issue and consider joining us in 2014.

Transitions are truly learning opportunities and come in all shapes and sizes. Thank you for the generous contributions of your precious time and treasure and for helping us continue to learn and grow. Have a marvelous Autumn.

Sister Colleen Ann Nagle, F.S.E.

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

Visitors from Alma College

A group of 20 college students from Alma College spent a day at the Lowell Campus with the Sisters. As part of their religious studies class, the young men and women listened to presentations on Franciscan Spirituality and the community life of the Sisters. They spent the rest of the day participating in the life of the Sisters by working with them to prepare the garden for spring planting, joining them for evening prayer, and sharing the evening meal with them.



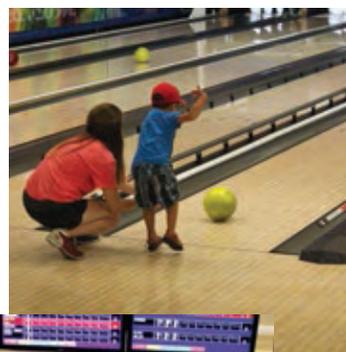
It was a busy summer at the Center

Franciscan Festival in the Fields 2013 was held on a beautiful Saturday afternoon in June. While some folks enjoyed the sounds of the *Thornapple Jazz Orchestra* and *Pacific Lite* by listening and tapping their toes, others participated in dance lessons and then practiced their newfound skills on the dance floor. Many guests enjoyed nibbling on fresh baked goods as they watched the blacksmith at work, flew kites, and went on a hayride.

A variety of groups stayed in the peaceful surroundings of the Lowell Campus to enjoy some time away. Whether they slept in the yurts, made a day retreat, participated in a family retreat or attended a business related meeting, visitors left feeling refreshed and energized.

15 people participated in weaving classes led by Jochen Ditterich. Each class contained students with a variety of ability levels, so the projects made and the skills taught were quite individualized.

About 60 students took music lessons over the summer adding to the sounds of nature's music at the Lowell Campus and the rhythms of urban life at the Grand Rapids Campus.



Loved ones gathered at the Lowell Campus to celebrate the lives of some very special friends of the Center: E. James, Jackoboice, Lorraine Nellist, Rose Marie Redding, and Jan Upp.



The sounds of crashing pins, laughter, and music filled Northfield Lanes during Bowl a Rama 2013. The colorful t shirts and Yesterdog hot dogs added to the energy and the fun.

HARPfest 2013 with Serena O'Meara from Eau Claire Wisconsin gave participants the opportunity to play together, be inspired by exposure to new arrangements of familiar tunes, and develop a new appreciation for the "colors" of the harp music.



Mark Your Calendar for a Year of Enriching Events

Community Work Days: Second Saturday monthly, March through November, 9:30 am 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.

For questions about weather, call 897-5220 the day of the event.

Mardi Gras Supper: March 4, 2014, 5:00 to 7:00 pm

Lowell Campus

Start a new tradition with your family and friends by joining us for a Fat Tuesday celebration at our Lowell campus. Enjoy pancakes made from the Franciscan Sisters' favorite recipe, sausage and fresh fruit. Donations appreciated.

Franciscan Lenten Lunch Prayer Experience: Wednesdays, March 12 through April 9, 2014, Noon to 1:00 pm

Lowell Campus

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

Noto's 2014 Charity Wine Fest: February 28, 2014, 6:00 to 10:00 pm

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

Noto's Charity Wine Fest benefits several local charities including the Franciscan Life Process Center. Featuring over 300 wines accompanied by appetizers, Italian food and desserts, attendees will also enjoy live music, a silent auction and purchasing select wines at a discount.

Tickets are \$60 for general admission or \$100 for VIP tickets.

Afternoon with the Arts: Victorian Tea: March 1, 2014, 1:00

Polka Pops Cafe: 634 Stocking Ave. NW, Grand Rapids, MI

Build relationships with family and friends by sharing time together

at a Victorian Tea. Eat sweets, enjoy exquisite teas and listen to authentic English music provided by the harpists of the Franciscan Life Process Center. If you wish, come dressed in the style of the men, women and children of that time. All are welcome, young and older. Cost is \$15 in advance and \$20 at the door.

Music Recitals: May 17, 2014, 1:30 & May 18, 2014, 1:30 & 4:00

Lowell Campus

Students from both campuses will share their musical talents with friends and family during these concerts. A reception will follow.

HARPFest 2014 with Sunita Staneslow: July 25 & 26, 2014

Lowell Campus

Renowned clinician Sunita Staneslow is an incredibly gifted musician from Israel who works as a therapeutic harpist. She was the delegate from Israel at the 2011 World Harp Congress and has been a featured presenter at many American harp festivals. Sunita will address a variety of topics including the art of the arpeggio, the psalms of David and the magic of dynamics. Please join us for this two day event for harpists of all skill levels.

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

Bowl-a-rama: August 7, 2014, 5:30 - 9:30pm

Northfield Lanes: 222 Plainfield Ave. NE, Grand Rapids, MI

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

LIFEfest 2014: September 11, 2014, 6:30 - 9:00pm

Lowell Campus

This event is the major fundraiser for the Center. Contact Gerrie Murray, event coordinator, for details.

Two Interns Join the Staff

The Franciscan Life Process Center welcomes two music therapy interns to our staff.

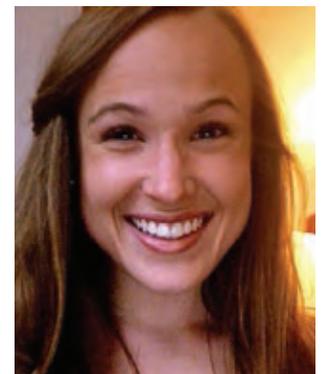
Jamie Ubalde is a student at Saint Mary-of-the-Woods College in Indiana, where she is pursuing a degree in Music Therapy with a



concentration in Violin Performance. A Las Vegas native, she is involved in a variety of activities on campus, ranging from musical ensembles to Western riding. In addition to violin, she plays guitar, piano, oboe, and is a high soprano. As a music therapy student, she has completed practicum experiences in various settings.

Emily Smith, a recent graduate of Appalachian State University in Boone, NC, is from the Blue Ridge Mountains of Roanoke VA, where she recently

began a vocal studio for members of the community. Clinically, Emily enjoys working with a variety of populations. Her undergraduate research included a study on the effects of music therapy with a teenager with Downs Syndrome experiencing grief. In her spare time, Emily enjoys reading, learning about holistic medicine and being outside as often as possible.



During their internship, Emily and Jamie will work closely with our board certified music therapists as they observe and co-lead sessions and eventually plan and implement their own sessions with clients. Both women are very excited to complete their music therapy education at the Franciscan Life Process Center.

Retreats at the Franciscan Life Process Center, Lowell Campus, Fall 2013

Daily Eucharist as the Heart of a Spiritual Life

Friday, September 27, 10:00 - 2:00 pm, light lunch included

Are you a daily communicant? Or, is God inviting you to begin receiving the Eucharist more often? Our time together will focus on this priceless encounter with the living Christ.

Theology of the Body for Adults

Saturday, October 19, begins at 9:00 am and concludes with a 4:00 pm Sunday Vigil Mass; potluck lunch included

How do we come to know God and ourselves through the gift of our bodies? How is my body a gift? In a throw-away culture, how do we understand that body has an eternal destiny?

Male and Female He Created Them: A Retreat for Women

Saturday, November 16, begins at 9:00 am and concludes with a 4:00 pm Sunday Vigil Mass; lunch included

Pope Francis' call for "a more profound theology of women" invites prayerful reflection and creative thought stemming from God's original design for woman.

How Do Real Men Pray? Walking, Building, Professing with Pope Francis

Saturday, December 7, begins at 1:00 pm and concludes with a 4:00 pm, Sunday Vigil Mass

What characterizes a genuine masculine spirituality? How do we nourish and deepen it?

Call (616) 897-7842 or email bporter@lifeprocesscenter.org for details and costs for each retreat.

Troubadour

Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
11650 Downes Street NE
Lowell, MI 49331-9489

The Troubadour is published three times a year. To be added to or deleted from the Troubadour mailing list, or to change/correct an address, please call 616 897-7842, or email registrar@lifeprocesscenter.org. Be sure to include the old address and the changes or corrections.



www.lifeprocesscenter.org

Did You Know?

- Attention Early Christmas Shoppers! You can support the Center by purchasing gift certificates to Noto's Charity Wine Fest, February 28 and Afternoon with the Arts: Victorian Tea, March 1.
- Since 1998, 26 music therapy interns have trained at the FLPC. About half attended colleges and universities in Michigan while the rest came from schools located throughout the US including Florida, California, Iowa, and Minnesota.
- In addition to meeting with clients at our Grand Rapids and Lowell campuses, our music therapists travel to several area schools and nursing homes. Most recently, they have expanded our services into the Muskegon area.
- Fall weaving classes begin on Friday, September 20. Classes meet from 9:00 am to Noon and are open to weavers of all skill levels. The cost for the 8 week session is \$85.

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?

No instruments? Use 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 16 through December 19 at the Franciscan Life Process Center, Grand Rapids Campus, 654 Davis St., NW, Grand Rapids, MI 49504. Fee is \$25 for the 14 week session. Regular attendance required.

For more information email frayford@lifeprocesscenter.org or call us at (616) 647-5257 or visit us online at [facebook.com/RootsWillRock](https://www.facebook.com/RootsWillRock)