

Troubadour

Franciscan Life Process Center

WINTER 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.

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Afternoon with the Arts: Praise in the World

“The ‘door of faith’ (Acts 13:27) is always open for us, ushering us into the life of communion with God and offering entry into his Church.”

In keeping with our Holy Father Pope Benedict’s announcement of a Year of Faith and his call to greater holiness in daily life, the Franciscan Life Process Center and the Basilica of St. Adalbert present *Afternoon with the Arts: Praise in the World* on March 16, 2013 at 1:00 pm. Beginning with prelude music of flute and piano, concert goers will hear sacred music performed by harpists from the FLPC, the Basilica Chamber Choir and the Basilica Handbell Choir. Interspersed among the music, reflections about the Year of Faith will be read. “We pray that those who come will experience the culture of sacred music performed in a sacred space,” says Sister Mary Margaret Delaski, founder of the music therapy program at the Center.

The concert benefits the music therapy program which has served children with special needs and their families for over 30 years. Diane Bauman, music therapist, states, “These sessions are tailored to each client’s

unique needs and goals and use singing, playing instruments, moving to music, listening to music, or songwriting to help the client make progress that can impact his or her ability to function in daily life.”

Therapist Lindsey Perrault continues, “We work with children in a musical process that can continue for extended periods of time. A highlight of mine occurred when, after fourteen months of therapy, one of my clients greeted me for the first time.”

Lindsey’s story emphasizes the benefits of long term therapy and the importance of our scholarship program. Since an individual therapy session is usually not covered by personal insurance, 70% of the music therapy clients receive scholarships; therefore, benefit concerts like *Afternoon with the Arts* are especially important.

Following the concert, a reception will be held at the Grand Rapids campus of the FLPC located at 654 Fifth St. NW Grand Rapids, MI. Butter lambs and hot cross buns made by the Franciscan Sisters of the Eucharist will be available for purchase.

LIFEfest 2012

The rainy weather did not dampen the spirits of the attendees of this year’s LIFEfest 2012. Fueled by the delicious dinner of South American food created by Tommy Fitzgerald and encouraged by Lou Rabaut, the host of the event, to make new friends, an evening of good food and conversation was enjoyed by all. The music therapy staff provided entertainment with parodies of some familiar songs; “On Broadway” became “On Downes Street” and “Under the Boardwalk” transformed to “Under the Arbor”. A handmade quilt, a creche from Assisi, Italy



and a beautiful fall display of books and plants were given away in a raffle. Guests of the Sisters left with a loaf of dill bread and memories of a fun-filled evening.

“The Year of Faith is a summons to an authentic and renewed conversion to the Lord, the one Saviour of the world.”

Pope Benedict XVI

Dear Friends,

As I use this word "friend" to address you, I realize that today it has various levels of meaning. On Facebook, we share information with our "friends." Occasionally we have lunch with a "friend." Jesus said, "I call you friends, because I have made known to you everything I have learned from my Father." (John 15:15)

Last October our Holy Father, Pope Benedict XVI, asked that we celebrate a "Year of Faith", from October, 2012 – November, 2013. It was his way of saying that each of us needs to deepen our friendship with Jesus Christ, who has called us his friend. How do we do this? This was the first question that Pope Benedict answered in a tweet on December 12. He said, "By speaking with Jesus in prayer, listening to what he tells you in the Gospel, and looking for him in those in need."

We continue to celebrate the Year of Faith here at the Center through all of our services and programs, meeting Jesus in each friend who walks through the door. We have chosen to join with the Chamber Choir and Handbell Choir of the Basilica of St. Adalbert for our annual harp concert, *Afternoon with the Arts*. This annual event will be held in the Basilica, a sacred space known throughout West Michigan as one of the finest performing venues. "Sacred music can support faith and contribute to new evangelization," said Pope Benedict on November 10, 2012. Come to the Basilica during this Lenten time and help support our Music Therapy Program by attending *Afternoon with the Arts: Praise in the World*, March 16, 2013, 1:00 p.m.

We extend our sincere thanks to all of you for the success of our Annual Appeal. Because of your generosity, and through our programs, many will be given the assistance they need.

In this age, when activities of all kinds can take over one's life, we invite you to consider attending one of our retreats. This contemplative time will help bring a well-deserved balance into your life. Our facilities and grounds are also available for family retreats, business meetings and professional development days. Please call the Center for additional information.

Peace to you as we celebrate the passion, death and resurrection of Jesus,

Sister Mary Margaret Delaski, FSE/MT-BC

Sister Mary Margaret Delaski, FSE

Changes at the Front Desk

After warmly welcoming and getting to know the many students, clients and families that come to the Lowell campus for the last six years, Cathy Ormiston will be moving from full time work to part time work in January. Cathy started in Sept. 2006 and was supposed to work for three weeks answering phone calls; however, by Jan. 2007, she was working full time and getting more involved with the many programs offered at the Center. Cathy says that she enjoys taking clients from the first call of inquiry to meeting them when they come in for the various services provided here. "These last six years have flown by. It's been a blessing to get to know and work with the Sisters and our staff and to get to know the families who come here." What's she going to do with her newly found free time? Cathy's highest priority is to spend more time with Henry and Owen, her 8 year old twin grandsons.



While you may not recognize Barb Porter because she has worked nights or weekends paying bills and doing payroll for the Center for the last two years, Barb has known the Sisters for a long time. "Long before the Center was built, my father had a machine shop in Lowell, and the Sisters brought farm equipment there for repairs." In January, Barb will be at the front desk welcoming clients to the Lowell Campus and assuming some of Cathy's responsibilities while continuing her duties as bookkeeper.



In addition to her work at the FLPC, Barb likes to travel. She spent a month travelling through the Republic of South Africa and the Kingdom of Lesutu in 2009. In addition, she plays golf, a sport that seems to be a family favorite. Barb's late husband was an avid golfer, and she has two sons who are golf pros. Her youngest son, Richard, who attended preschool at the Center, recently graduated from Ferris State University with a degree in professional golf management. Don, her oldest son, works in Tampa as a golf pro.

Come Bake with Us

Having a professional development day? Need to re-energize your team? Bring your group to the FLPC and bake bread! The process of bread baking is an analogy for many processes used in the work environment. Groups from such diverse fields as health care, IT, and engineering have spent a morning or a day at the Center working with the Sisters to bake bread, use our spacious meeting rooms and enjoy the beautiful grounds surrounding the Center.

Whether you use our space for your own program or have our staff lead a baking or land experience for you, we're happy to meet your needs. Please call Barb at (616) 897-7842 or email registrar@lifeprocesscenter.org.

Sign Up Now for Summer Weaving Classes

Jochen Ditterich has announced the dates for the week long summer classes held at the Lowell Campus. Two sessions are offered: June 10-13 and July 8-11. Classes meet from 9:00 am to 3:00 pm daily with extra studio time available. Weavers are also welcome to stay overnight in our guest rooms for an added fee. Please call Barb at (616) 897-7842 or email us at registrar@lifeprocesscenter.org.



Mark Your Calendar for a Year of Enriching Events

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

Join us for 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.

Mardi Gras Supper: February 12, 2013, 5:00 – 7:00 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 Feb. 20 through March 20, 2013, Noon to 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.

Lent in the Year of Faith, Feb. 20, 2013, 9:30 am - 3:00 pm

Begin the season of Lent by joining Sr. Sarah Doser and Sr. M. Timothy Prokes to reflect on Lent during the Year of Faith. How does it make this Lent different? At a crossroads time in our history, what radically needs to happen in us as we fast, pray and give alms? The day will include presentations, reflection time, a Lenten lunch and liturgy. Cost is \$50 including materials and lunch. Hosted at the Franciscan Life Process Center, Lowell Campus. For information or to register call (616) 897-7842 or email registrar@lifeprocesscenter.org.

Afternoon with the Arts: Praise in the World, March 16, 2013, 1:00 pm

In keeping with our Holy Father Pope Benedict's announcement of a Year of Faith, join us for an afternoon of music performed by the Basilica Handbell Choir, the Basilica Chamber Choir and harpists from the Center. Hosted at the Basilica of St. Adalbert, 701 4th St. NW, Grand Rapids, MI. A reception will follow at the Grand Rapids Campus of the FLPC at 654 Davis St., NW, Grand Rapids, MI. Butter lambs and hot cross buns made by the Franciscan Sisters will be available for purchase. Tickets are \$15 in advance and \$20 at the door. All proceeds benefit the music therapy program.

Mysteries of Holy Week: Day by Day March 22, 2013, 9:30 am - 2:00 pm

This is a pilgrimage experience within the human heart. Using the Gospel readings for each day of Holy Week, walk with Christ, facing what awaits him in Jerusalem, and move through the mysteries of this week which culminate in the miracle of Easter. Held at the Grand Rapids Campus. Cost is \$40 which includes materials, dessert & beverages. For information or to register, call (616) 897-7842 or email registrar@lifeprocesscenter.org.

Mysteries of Holy Week: Day by Day March 23, 2013, 9:30 am - 3:00 pm

This is a pilgrimage experience within the human heart. Using the Gospel readings for each day of Holy Week, walk with

Christ, facing what awaits him in Jerusalem, and move through the mysteries of this week which culminate in the miracle of Easter. Held at the Lowell Campus. Cost is \$50 which includes materials, lunch and liturgy. For information or to register, call (616) 897-7842 or email registrar@lifeprocesscenter.org.

Noto's Spring 2013, Charity Wine Fest: April 19, 2013, 6 - 10:00 pm

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 exceptional cuisine and over 300 international wines. Wines can be purchased at discounted rates. Contact Gerrie Murray at 897-7842 ext. 307 or gmurray@lifeprocesscenter.org for additional information.

Encounter With the Virtual World: Is Anybody there? April 19 - 20, 2013, Friday, 7:00 pm to Saturday, 2:00 pm

Does virtual communication through Facebook, texting, and tweeting have the same value as personal presence? Does it redefine the meaning of being in relationship? During the Year of Faith, we are pressed to encounter Christ who came to us in the flesh. In THAT encounter we come to know how to meet another through the gift of our own embodiment. Held at the Lowell Campus. Cost is \$75 including materials, lunch, liturgy, and overnight accommodations.

Music Recitals: May 18 and 19, 2013, 1:30 and 4:00 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 897-7842 ext. 307 or gmurray@lifeprocesscenter.org for additional information.

HARPFest 2013: August 16 and 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.

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

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?

- The Franciscan Friends, who meet Fridays at the Lowell Campus, made 34 dolls out of colorful socks. Each doll was wrapped in a handmade quilt and donated to the Santa Claus Girls. They also made 46 personal care bags for the residents of St. John's Home.
- Counseling services, music therapy, spiritual direction and retreats continue as construction work progresses at the Grand Rapids Campus. New windows, heating and cooling systems, and an elevator are being installed.
- Weaving classes also continue on Friday mornings at the Lowell campus under the direction of Jochen Ditterich. Students are currently making rugs, blankets, shawls, and towels.
- The Paint In/Paint Out artist group will meet at the Grand Rapids campus for open studio later this winter.



Support the Center at Noto's

Join us at Noto's Spring Charity Wine Fest which benefits several local charities including the Franciscan Life Process Center. This premier wine and food event features over 300 fine wines accompanied by appetizers, Italian food, and desserts prepared by Noto's award-winning chefs. Guests will also enjoy live entertainment, exclusive pricing on select wine, and a silent auction. Delight your taste buds with delicious foods and exquisite wines as you raise critically needed funds for the Center.

**Friday, April 19, 2012, 6 to 10pm/General
Tickets: \$60/General or \$100/VIP
\$50 of every VIP and \$10 of every general ticket
benefits a local charity
Tickets are available online
at www.NotosOldWorld.com
Noto's Old World Italian Dining
660 28th St. SE
Grand Rapids, MI 49546
616-493-6686**

Staff News

You may see a new face around our Center beginning in January. Audrey Stein, our newest music therapy intern, will work with our music therapists and music instructors for the next seven months. Audrey is from Grand Rapids and completed her



degree in music therapy at Western Michigan University. As part of her internship, she will observe both group and individual sessions, co-lead sessions with board-certified music therapists, and plan and implement her own sessions. With the variety of clients, students, and groups that participate in FLPC programs, Audrey will have a wide range of experiences and opportunities for growth.

Alisha Snyder, one of the Center's music therapists, has recently finished her Masters degree in Music Therapy at Western Michigan University. She studied the effects of musical

interventions on self-reported and caregiver-reported quality of life in elderly people with symptoms of dementia. Despite having a small number of subjects, Alicia found some positive outcomes among the participants. "One of my favorite memories of the study was the gentleman who pulled me aside after a session. He said, 'Thank you for the music; you just made my day.' Knowing that you've made a difference in these people's lives, even for a short while, is a wonderful feeling."

Sister Mary Timothy Prokes became a member of the Franciscan Life Process Center staff this past fall. She joins Sister Sarah Doser in the Retreat and Spiritual Direction Program of the Center. Sister Mary Timothy spent the last two years in Leuven, Belgium, offering courses for seminarians and doing research and writing on St. Teresa of Avila. Prior to that, she was professor of theology at the Graduate School of Christendom College in Alexandria, Virginia and taught those preparing for the permanent diaconate in the dioceses of Arlington and Washington D.C.