

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

FALL 2017

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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Laudato Si' Sanctuary Dedicated

"Saint Francis...invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness."

POPE FRANCIS LAUDATO SI'

On July 27, the Laudato Si' Sanctuary was dedicated to Sister Mary Ann Schmitz, FSE, in gratitude for her many years of caring for the land of the FLPC and for being the inspiration of the project.

The dedication of the Sanctuary was the culmination of work that began in 2014. This prairie restoration project began when Joe Trenshaw met with Sister Mary Ann to discuss his Eagle Scout project. The two then engaged Chris Baer, a member of the Grand Rapids Audubon Society and an expert on prairie restoration, to help them. Joe performed the initial work of selecting the area, preparing the land, and gathering and planting seeds. Since then, various school groups have removed invasive plants and

collected seeds to expand the prairie area. The ultimate goal is for the prairie to cover around ten acres of Center land.

Prairies are unique habitats that are on the decline in the Midwest. Before the advent of widespread agriculture, prairies were dominated by grasses such as big bluestem and Indiangrass as well as many wildflowers. They also supported a rich ecosystem for birds and grazing animals.

All of the plants in the Sanctuary, including lupine, bee balm, and coneflowers, are native to Michigan. "In setting apart this area," said Sister Mary Ann, "we also wanted to encourage nesting and foraging areas for birds like meadowlarks, bobolinks, and bluebirds."

Speaking at the dedication, Sister Damien Marie Savino, FSE, said, "A sanctuary is a sacred place, and we mean this to be a place set apart for contemplation for the people who will visit, as well as a place of refuge and protection for the plants and animals that live here."

Visitors are welcome to walk through the Sanctuary. Please call 616-897-7842 for more information.



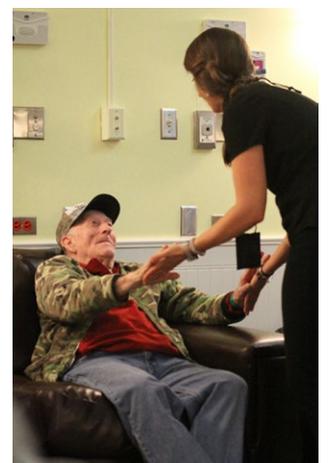
(Standing) Cris Ritsema, Sister Mary Frances Traynor, Sister Damien Marie Savino, (Sitting) Chris Baer, Sister Mary Ann Schmitz



Center Enters Collaboration with Symphony and Veterans' Home

The Franciscan Life Process Center has partnered with the Grand Rapids Symphony Orchestra's Music and Health Initiative for a pilot project at the Grand Rapids Home for Veterans. The Symphony has successfully run the project with Spectrum Health and their music therapists and is now reaching out to the Home for Veterans and the FLPC.

As defined by the Symphony, the purpose of the Music and Health Initiative is "to bring live music into health care settings, creating positive physical, emotional, and spiritual experiences



"Faith makes us open to the quiet presence of God at every moment of our lives, in every person and in every situation."

Pope Francis,
September, 2015

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Center Enters Collaboration (cont.)

for patients, families and providers." Currently, the project involves two Symphony members playing live music in a dementia/Alzheimer's unit at the Home for Veterans while Kylie Chivington, Center music therapist, leads the session. Music includes classical duets, marches, ragtime, original compositions designed for meditation/relaxation, and popular tunes. In addition to leading the music therapy session, Kylie pre-selects music, prepares the session plan and shares it with the duo from the Symphony.

"During the session, while the Symphony musicians provide the music, I am 'hands free'," says Kylie. "This enables me to interact more with the residents, without having to stop the music or rely on a recording." Kylie's primary goals for the residents are to increase group socialization, reduce agitation, and improve mood. As she plans for each session, she keeps in mind songs the residents prefer and era/age appropriate music while adding newer songs. "The residents have been very engaged, and I can see the change in them as the session progresses."

At this time, due to the success of this pilot program, funds are being sought to make the program a permanent part of the lives of the veterans at the Home.



Kylie and symphony musicians work with veterans

News Around the Center

Voice student of Lindsey Perrault, MT-BC, Ciara Byrne, received a lead role in an operetta, *The Sorcerer* by Gilbert and Sullivan at Interlochen Center for the Arts. This is Ciara's second year attending summer camp at Interlochen for voice. She attends Catholic Central as a freshman, is a member of the Grand Rapids Youth Symphony Choir and is in CC's Capella Choir.



Lindsey and Ciara

The Center welcomes this year's music interns Anna Roty and Jeremy Verwys. Anna Roty is currently completing her degree from Belmont University in Nashville, TN, but is originally from Royal Oak, MI. She has experience working with older adults, school age children and adults with mental health diagnoses. Her principal instrument is voice. She enjoys performing with friends in her spare time.

Jeremy Verwys is a current graduate student from Illinois State University in music therapy and classical guitar performance. While at ISU, Jeremy had the opportunity to administer music therapy in many diverse settings. Before starting on his career path to become a music therapist, Jeremy worked as an in-patient care provider on all units at Pine Rest Christian Mental Health Hospital, Grand Rapids, MI.

Jeremy has performed with the Grand Rapids Symphony and the Hope College dance program as well as at Blue Lake Fine Arts Camp. Jeremy also enjoys teaching lessons, fixing vintage bicycles, running, and practicing yoga.

From the Art Director

Our 2017 season is ending this year with a powerful lineup of outstanding artists: Henry Yan, Roger Dale Brown, Helga Flower, Diann Bartnick, Kathleen Mooney, Mary Qian, Carole Nielsen, Terry Miura, Douglas Fryer, and Sandra Strohschein.

Kathleen Mooney will lead a one day workshop every month, so artists can continue studying with this outstanding abstract watercolor/collage/acrylic teacher.

We have established a space in both the Lowell Campus and the Grand Rapids Campus devoted to beautiful artwork. Each gallery, known as the **Guardian Gallery, Lowell** and the **Guardian Gallery, Grand Rapids**, will feature works from



Guardian Gallery, Lowell

local artists, some of whom are Franciscan Artists. The work of Charles LaRue is on display at the Guardian Gallery, Lowell through October and will be followed by the work of Carol Nielson in November. The Guardian Gallery, Grand Rapids is showing the work of Blythe Metternick Smith and Wilma Knoll through October and will welcome the creations of artists Carol Cole and Sharon Snoeyink in November.

Please go to our website, www.lifeprocesscenter.org and click on Services Tab to learn more about events in the Art Department.

Know the Franciscans

Sister Zita Senzig

Sister Zita Senzig, FSE, was born in Lynden Station, WI in 1927. She entered religious life in the fall of 1949 and attended Viterbo College studying Home Economics and Religion. She also received her Certificate for Nursing Assistant from Clatsop Community College in Astoria, Oregon.

In the early years of her life as a Franciscan Sister, Sister Zita served as a homemaker in several states. The love of her life was Assisi, Italy where she was missioned for 27 years serving as a homemaker and caregiver. The Italian people she cared for love her dearly, and she is well known for her exceptional lasagna. While in Italy she was privileged to shake hands with Saint Pope John Paul II and Pope Benedict XVI.

Sister Zita moved to Lowell in 2013. She has a special fondness for animals, especially dogs. She spends her days in prayer for the needs of her community and prayer requests, folding laundry, preparing vegetables and making applesauce.



Sister Zita celebrates her 90th birthday

Mark Your Calendar for a Year of Enriching Events

Community Workdays: Second Saturday Monthly, March through November, 9:30 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.

If there is a question about weather, call 897-5220 the day of the event.

Memorial Service and Planting: Thursday, September 14, 4:00 pm

Lowell Campus

You are invited to join us as we remember loved ones who have died in the past year by planting trees, bushes, and flowers in their honor. For more information, please call Barb Porter at 616-897-7842.

Franciscan Rhythms 5K/10K Trail Run/5K Walk: Saturday, October 7, 9:00 am

Lowell Campus

To register for the Trail Run/Walk or to volunteer, please go to www.lifeprocesscenter.org

LIFefest 2017: Wednesday, October 11, 5:30 to 7:30 pm

Loosemore Auditorium, Richard DeVos Center
Grand Valley State University, 401 W. Fulton St.
Grand Rapids, MI 49504

Please attend Franciscan LIFefest, an event that celebrates and supports our programs. For more information, please contact

Sister Colleen Ann Nagle at scangle@lifeprocesscenter.org or call 616-897-7842

Annual Appeal Drive: November 1, 2017 - January 31, 2018

Our annual appeal is a way for you to support the many programs and services offered by the Sisters and staff of the Franciscan Life Process Center. Watch for our mailing in early November. To donate online, go to our website and click on the "How to Help" tab. Thank you!

Guardian Gallery Holiday Art Sale: Friday, November 10 6:30 - 8:30 pm

Grand Rapids Campus

A perfect opportunity to find Christmas Gifts for those special people in your life.

Come mingle with our staff while you enjoy wine, cheese, and live music. Local artists and friends of the Center have donated artisan jewelry, paintings, and other beautiful art pieces for sale to support the work of the Franciscan Life Process Center.

Coming in 2018!

Lenten Speaker Series	Beer Pairing Dinner
Spring Appeal	Bowl-a-Rama
Music Recitals	HARPFest
Lenten Lunches/Prayer Experience	

Watch for information about these events in the Winter 2018 Troubadour or on online at www.lifeprocesscenter.org

Once a Month Kitchen

Spice Things Up a Bit!

Wednesday, September 20, 6:30 pm - 8:30 pm

Do you enjoy Southwest food? Then you'll really enjoy September's Once A Month Kitchen as we kick off the 2017/2018 year with just a little spice. Sister Maria Serra Garcia, FSE, will teach you how to make one of her family's favorite entrees- chile rellenos (Spanish for "stuffed chiles").

Harvest Pie Baking

Wednesday, October 25, 6:30 pm - 8:30 pm

Join Sister Darlene Wessling, FSE, to celebrate the hard work of spring and summer and the joy of the harvest by making fresh apple pie using apples grown at the Center. Participants will learn how to make delicious pie crusts and leave with a fresh pie to bake at home.

Gluten Free Quick Breads

Wednesday, November 8, 10:00 - noon OR 6:30-8:30 pm

The holidays are coming! Jan Hendrick will lead an enjoyable session of working with gluten free flours and techniques to make some delicious treats for friends and family members who have dietary restrictions.

Christmas Breads

Saturday, December 2, 2017, 10:00 am - noon

Baking traditions abound during the Christmas season. Join Sister Mary Paul Moller, FSE, and learn to make braided fruit-filled sweet bread shaped into a wreath or a candy cane and share this Franciscan tradition with your family and friends.

Grandma's Homemade Spaghetti Sauce

Wednesday, January 17 6:30 - 8:30 pm

Mid-winter is a nice time to come home to the aroma of homemade Italian tomato sauce. Join Sister Damien Marie Savino, FSE, as she shares her family recipe and provides an experience of making sauce from scratch. Participants will enjoy sipping Italian wine while we work and will go home with their own jar of sauce.

Class size is limited. Register today!

All classes are held at the Lowell Campus.
Cost is \$25 per class. Please go to our website, www.lifeprocesscenter.org to register.

Once a Month Kitchen continues in 2018.
Check online or look in the Winter Troubadour for information about these classes:

Paczki Making

Monday, February 12 Sister Mary Margaret Delaski, FSE

Homemade Hamburger Buns

Thursday, March 8 Sister Ann Frances Thompson, FSE

Bread Baking for Couples

Wednesday, April 18 Sister Colleen Ann Nagle, FSE

Chocolate Torte Burgundy

Wednesday, May 9 Sister Lucia Treanor, FSE

Gluten Free Pizza Dough

Tuesday, June 12 Jan Hendrick

Additional Events at the Center

Roots Will Rock, Wednesdays: October through December, 5:30 - 7:00 pm

Grand Rapids Campus

Roots Will Rock is a group music class that provides teens with an opportunity to learn, create, collaborate and perform music they choose. Join working musicians Eric Busch and Jeremy Verwys to explore and develop your skills.

Cost: \$25 per semester New members always welcome.

For registration information, contact Fredna Rayford at frayford@lifeprocesscenter.org or call (616) 647-5257.

Franciscan Artists: Wednesdays, 9:30 am -3:00 pm

Lowell Campus

Both aspiring artists and practicing artists are invited to this open studio time. Kathy Bechtel, art

director, brings in speakers for demonstrations periodically. Please bring your own supplies.

Cost: \$7.50 per day

Contact Kathy Bechtel at kbechtel@lifeprocesscenter.org for more information.

FertilityCare Introductory Session: Wednesday, November 29, 7:00 - 8:30 pm

Lowell Campus

This presentation introduces the use and applications of the Creighton Model FertilityCare system.

Cost: \$55

Contact Georgia Schmitz at gschmitz@lifeprocesscenter.org or call 626-481-9699 to register.

Summer at the Center



New Chicken Coop



HARPFest



Jam Making



Horse Camp



Brew-B-Que



Men's Retreat



Art Workshop



Music Grooves



Summer Camp



Catholic Heart Work Camp



Seminarians Visit
(photo courtesy of Michael Goodwin)



Bowl-a-Rama

An EXTRA SPECIAL EVENT

God and the Universe, a Dinner Conversation with Brother Guy Consolmagno, SJ, Vatican Astronomer

March 16, 2018 6:00 - 8:00

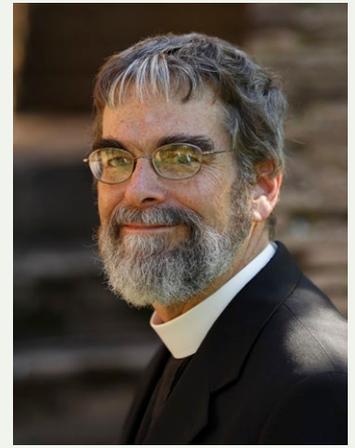
Lowell Campus

Always had an interest in the stars? Are you raising a future astronomer? Bring your family and friends to a very special evening. Supper will be served from 6:00 - 6:45 followed by a presentation and conversation with Brother Guy.

Brother Guy Consolmagno SJ, a native of Detroit, is Director of the Vatican Observatory in Rome and President of the Vatican Observatory Foundation.

Cost: \$10 per person or \$25 per family for soup/salad supper. A free will offering will be collected for Brother Guy's presentation.

Reservation required for both supper and presentation.



Counseling Staff Offers Grief Workshop

Staff counselors Emily Andersen and Lindsey Afton presented a grief workshop to the parishioners of St. Francis de Sales in Muskegon. The parish community has experienced a number of losses over the past year, including the loss of their former pastor, Fr. Phil Salmonowicz, in July 2016. During the evening, Emily and Lindsey discussed the process of grief, how it can impact one's faith, and how to differentiate bereavement from depression. Many parishioners shared their experiences and the ways they coped with their loss. Since the workshop, the parishioners have

continued to encourage one another by meeting for a weekly support group.



Grief support group at St. Francis de Sales

If you are interested in bringing a presentation like this to your parish, please contact Sister Colleen Ann Nagle at scangle@lifeprocesscenter.org or call 616-897-7842.

Retreats

Awareness, Gratitude, and Imagination: An Ignatian Writing Day for a Healthy Soul with Vinita Wright

Begins 6:00 pm Friday, October 13 and ends 4:30 pm Saturday, October 14

Lowell Campus

Through a variety of writing exercises, group discussion, silence, movement, and time alone, participants will experience sharpened awareness of God's presence in daily life. They will explore multiple aspects of gratitude and use imagination as a prayer and a playful way to ask, "What's next?"

Vinita Hampton Wright has been a book editor in the religion market for 26 years. She is the author of numerous books, including *Days of Deepening Friendship*, *The Soul Tells a Story*, *The Art of Spiritual Writing*, and the novel *Dwelling Places*.

Cost: \$240 includes presentations, room, snacks Friday evening, continental breakfast and lunch on Saturday.

Touched by Mercy, a Day of Reflection for those Affected by Suicide with Sister Colleen Ann Nagle, FSE, MA and Father Ron Hutchinson, MA

February 3, 2018 10:00 am - 3:00 pm

Lowell Campus

Join us for a special day of reflecting, sharing, and prayer for those who have been affected by the suicide of a loved one. The day includes lunch and Mass.

Cost: \$55

Silent Retreat for Women with Sister Mary Margaret Delaski, FSE

Begins Friday, April 20 at 6:30 pm and ends 4:30 pm Saturday, April 21

Lowell Campus

Women of all ages are invited to a time of reflection and integration. Learn about how the spirituality of St. Francis and Saint Clare can enrich and deepen one's process to holiness.

Cost: \$240 includes presentations, room, snacks Friday evening, continental breakfast and lunch on Saturday.

LIFEfest 2017

The "Little Portion" Celebration

Wednesday, October 11, 2017

5:30 – 6 pm Gathering

6 – 7 pm "Little Portion" Offerings

7 – 7:15 pm 50 Loaves/\$50 Bread Blitz

7:15 – 7:45 Closing Program

Loosemore Auditorium, Richard DeVos Center
Grand Valley State University
401 W Fulton Street, Grand Rapids, MI

With Franciscans throughout the world, we are celebrating the close of the 800th Year of the Pardon of Assisi. We invite you to join in this celebration. All Franciscans are called to be carriers of mercy, carriers of reconciliation and carriers of peace.

The Franciscan Life Process Center programs live these attributes with our students, clients, participants and staff hour by hour and day by day through each person's giftedness, brokenness and ability to change. This is what we call each person's "Little Portion".

This enjoyable evening will offer you the opportunity to support our programs.

\$60/general or \$150/sponsor

Please contact Sister Colleen Ann Nagle at 616-897-7842 or email scanagle@lifeprocesscenter.org.

Troubadour

Franciscan Life Center Network, Inc. dba
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www.lifeprocesscenter.org

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Franciscan Rhythms 5K/10K Trail Run/5K Walk

"Of all the paths you take in life, make sure a few of them are dirt."

-John Muir

Join us October 7 at 9am for the 3rd annual Franciscan Rhythms Trail Run/Walk. New this year is a 10k run! This is a great way to enjoy a late season trail run before the winter chill sets in. Runners and walkers will enjoy LIVE MUSIC stations along the trail, Franciscan stew, and fresh bread at the finish line. A photo booth, t-shirts, and unique awards are also a part of the day. Register today!

Registration Fees:

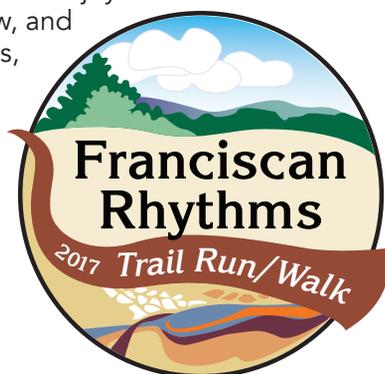
5K run/walk—\$30

10K run (new!)—\$35

Kids run (ages 3-11)—\$10

Register through Eventbrite or visit:
<http://bit.ly/2raNTm8>

All proceeds stay local and support the music therapy scholarship program.



Guardian Gallery Holiday Art Sale

A perfect opportunity to find Christmas gifts for those special people in your life.

Friday, November 10 6:30 - 8:30 pm

Grand Rapids Campus
654 Davis Street NW
Grand Rapids, MI 49504

Come mingle with our staff while you enjoy wine, cheese, and live music. Local artists and friends of the Center have donated artisan jewelry, paintings, and other beautiful art pieces for sale to support the work of the Franciscan Life Process Center.