



Bridging Urban & Rural Life for 25 Years



TROUBADOUR WINTER 2016

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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"A little mercy makes the world less cold and more just."

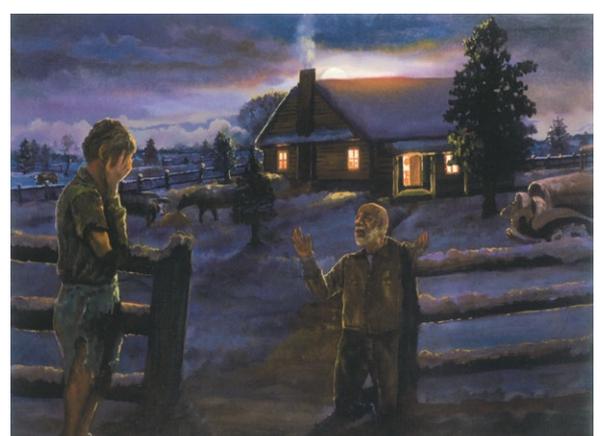
Pope Francis,
March 13, 2015

FLPC Welcomes the Year of Mercy

"At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father's action in our lives. For this reason I have proclaimed an Extraordinary Jubilee of Mercy as a special time for the Church, a time when the witness of believers might grow stronger and more effective." Pope Francis, *Bull of Indiction*, March 13, 2015

The Sisters and the Center staff continue to work toward bringing mercy and compassion to West Michigan by living out the Center's mission statement, "promote relationships with God that bring dignity and hope to the sacred process of all life through programs that assist, educate, enrich and inform." Listed below are the various groups and people served on a weekly and monthly basis:

- Music Therapy Services touch 1,425 individual clients and groups per month.
- Groups served by Music Therapy include children with autism, children with severe impairments, those needing special education and early childhood development assistance, and private clients seen at both campuses.
- Groups and individuals in elder care facilities as well as Emmanuel Hospice and Spectrum Hospice. Mercy Health, St. Mary's Campus, is served five afternoons weekly.



- Music Education: 171 Students Monthly
- Counseling: 5 Catholic Schools (part time); 200 or more children per month
- 50 private clients per month
- FertilityCare clients: 35 couples per month
- Art Workshops: 50 students per month
- Retreats, Spiritual Integration Services and Professional Meetings: 170 per month

We hope that you will join us throughout the Year of Mercy as we live out Pope Francis' challenge to "to announce the mercy of God, the beating heart of the Gospel, which in its own way must penetrate the heart and mind of every person."

It's Time for Winefest 2016

Please purchase tickets today for Noto's Charity Winefest on Friday, April 15, 2016. Noto's Charity Winefest began in 1997 when Noto's Old World Italian Dining opened. "We wanted an event that would showcase excellent food and wine together AND benefit the many wonderful charities in West Michigan," states Joann Noto. "Since then, our guests that night include a core group of Noto's customers and



(continued on page 2)

It's Time for Winefest 2016 (continued)

the guests of each charity. It's a great night! We love it!"

While listening to the *Tom Hagen Trio* featuring Rick Reuther, ticket holders will enjoy sampling international wines from over 300 vendors and eating food prepared by students from GRCC's Secchia Institute for Culinary Education.

They can also purchase wines at a discount. In addition, those who purchase VIP tickets can arrive an hour early and sample wines in Noto's Wine Cellar. Sister Colleen Ann Nagle, Center Director, says, "We appreciate Noto's wonderful hospitality and their commitment to our mission. Please join us for this very special event."

Tickets for Noto's Charity Winefest may be purchased online by going to our website, www.lifeprocesscenter.org.



Georgia Schmitz BSN, CFCP, RN Joins the Staff as Fertility Care Practitioner.

Georgia comes to the Center with a background in nursing as a graduate of Grand Valley State University in 1999. In a search for answers following three miscarriages, Georgia was introduced to the Creighton Model FertilityCare System and medical treatment through NaProTechnology. Her miscarriages gave birth to a deep compassion for those struggling with fertility issues; she felt called to become certified as a FertilityCare Practitioner.



Georgia Schmitz

Georgia and her husband, Matt, have seven children and enjoy homeschooling, hiking, spending time with family and friends and growing in faith.

Art Workshops Spring 2016

March 5-7, 2016 – Sandy Meyer - "Experiencing Color On A New Level- A Watercolor Workshop"

March 19, 2016 – Cindy Bowles - "Zentangle, Drawing for Everyone"

April 1-3, 2016 – Barbara Schilling – "Sculpting A Still Life In Oils"

April 1-3, 2016 – Jennifer Balkan - "Exploring The Intensity Of Oil With a Limited Palette"

April 4-9, 2016 – Tatiana Berestova - "Icon Painting"

April 21-24, Edee Joppich - "An Experimental Experience-Edee Joppich Shares New Techniques"

May 13-15, 2016 – Aline Ordman - "Painting Landscapes in Oil and Pastel"

May 20-22, 2016 – Vianna Szabo - "Painterly Pastel Portraits, Pastel, Oil, Acrylic"

News Around the Center

Family members gathered for the **Memorial Service and Plantings** on October 8 to remember loved ones who had died in the past year. If you would like to remember someone, please contact Barb at bporter@lifeprocesscenter.org or call 616-897-7842.



Memorial Service and Plantings

The first annual **Franciscan Rhythm Trail Run** was a huge success with almost 200 runners/walkers. Many thanks to all those who ran, walked, and volunteered.



Franciscan Rhythm Trail Run

The first stage of the creation of a **horse arena**, which included basic excavating, leveling of the arena, occurred in October. In addition, a retaining wall was built using rocks from the land. The arena will be used for a new area of programming that combines music therapy and equine therapy.

LIFefest 2015, held at The ROC, was a wonderful evening that raised over \$40,000 for the Center.



LIFefest 2015

Center music therapists have been working with occupational therapy students from **Davenport University** this semester. The students have volunteered at several locations helping our music therapists' work with children with special needs. Davenport students use these hours to complete a community experience credit for school.



Davenport Student and Music Therapists

The Center is hosting a CMTE **workshop for music therapists** at the Grand Rapids Campus on Saturday, February 20. Presenter Julie Palmieri, MT-BC, is a former intern and employee of the FLPC. She will be presenting on "The Use of Technology in Music Therapy."

In order to manage the **wood lots** on the Lowell Campus, a variety of large trees were harvested in order to encourage the growth of the smaller trees.



Tree Harvesting

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.

Annual Appeal Drive: November 16, 2015 - January 31, 2016

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. To donate online, go to www.lifeprocesscenter.org

Thank you!

Lenten Lunches and Prayer Experience: Wednesdays, February 17 - March 16, 2016, Noon - 1:00 pm

Lowell Campus

Donations appreciated.

Noto's 2016 Charity Winefest: Friday, April 15, 2016 7:00 to 10:00 pm

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

Tickets:

\$60/ general admission or \$100/ VIP

\$65 or \$110 day of the event

\$50 of every VIP ticket and \$10 of every general ticket benefits Center

Please go to www.lifeprocesscenter.org to order tickets.

Bowl-a-Rama: Thursday, August 4, 2016, 5:30 - 9:00 pm

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

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

Please go to www.lifeprocesscenter.org to purchase a lane.

HARPFest 2016: Frank Voltz Revisited, Friday, August 12 - Saturday, August 13, 2016

Lowell Campus

By popular demand, we welcome Frank Voltz back for another two days of harp learning and fun. Five years ago, Frank came from North Carolina and fell in love with the Center and with Michigan. Thus, he eagerly accepted the invitation to return and to be the clinician for our annual HARPFest. He will introduce cool chords to help harpists kick the music they play up a notch, teach them how to create introductions, interludes and endings to the pieces they play, share his composing techniques, and discuss the musical equation: Talent + Ambition = Artistic Excellence. All of his workshops are very interactive. Don't miss his concert on Friday, August 12, 7:30 p.m.!



Frank Voltz

Please go to www.lifeprocesscenter.org to register or to order concert tickets.

From the Art Director, Kathy Bechtel

2016 marks the beginning of the third year of offering Art Workshops at the Franciscan Life Process Center. During that time, we have brought in professionally trained instructors who teach each kind of media at different ability levels including figurative painting, portrait painting, still life painting and plein air painting.

As a result, we have some people who have returned four and five times to experience the high quality of teaching that is available here. Additionally, the FLPC has been called "The Premiere Workshop Destination of the Midwest," and we continue to work toward maintaining that title.

Artists, please consider attending one of our workshops in 2016. Spending a weekend on our 230 beautiful acres of land with a nationally known workshop instructor can significantly further your development.

This year we are offering even more workshops including "Intro to Encaustic Painting" with Sarah Rehmer. Other offerings include "Figuring the Figure" with Eric Bowman, "Impressionism in Action" with Colley Whisson, and "Watercolors A-Z" with Sterling Edwards. We are also excited to announce the return of Josh Clare, "How to Paint Everything" and Aaron Schuerr, "Fresh and Direct Landscape Painting".



Workshop Speaker

Please go to www.lifeprocesscenter.org to see a complete list of the workshops in 2016.

Additional Events at the Center

Roots Will Rock: Mondays, starting January 11, 2016 5:30 - 7:30 pm

Grand Rapids Campus

Roots Will Rock is a group class that provides teens with an opportunity to learn, create, collaborate and perform the music they choose.

Cost: \$25 per semester

Please go to our website, www.lifeprocesscenter.org for more information.

Franciscan Writers: Fridays, starting January 8, 2016 9:00 - 11:00 am

Lowell Campus

Are you interested in writing? The Center has formed a writers' group that will help you develop your craft and gain confidence in your writing. Learn how to transform your ideas into poetry, short stories, essays or other written work in a supportive atmosphere with like-minded people.

Cost: \$5 per session.

Please go to www.lifeprocesscenter.org to register.

Mercy and the Family: Fridays, January 15, February 5, March 18, and April 29, 2016 6:15 - 9:00pm

Lowell Campus

Gather at our Lowell Campus at 6:15 for evening

prayer and potluck supper, and then view the keynote addresses from the World Meeting of Families, 2015. To reserve your place, please call 616-897-7842 and leave a message for Sister Colleen Ann Nagle.

Bread Baking for Couples: Tuesday, January 19, 2016 OR Tuesday, April 19, 2016 6:30 - 8:30 pm

Lowell Campus

Through the creative process of baking bread, Sister Colleen Ann Nagle, FSE will lead couples through an evening of activity, prayer, and reflection with the goal of creating greater intimacy.

Cost: \$30 per couple.

Number of attendees is limited.

Register today at www.lifeprocesscenter.org

Beer Pairing Dinner: Thursday, June 2, 2016 6:00 - 8:30 pm

Lowell Campus

Just in time for summer! Learn which beers to pair with your summer picnic foods from Taylor Remy and *New Holland Brewery* and Mike Saladino and *Saladino Smoke*. Proceeds from this event benefit the Center.

Cost: \$35 per person

Please go to www.lifeprocesscenter.org to register.

Groups Who Used the Center in 2015

Ada Christian School
Ada Congregational Church Women
Allendale Life Long Learners
Alphorn Gruppe
Amway Day of Caring Volunteers
Area Music Therapists
Byron Center Christian School
Community Workday Volunteers
Catholic Mothers' Group
Catholic School Principals
Delaski Family Reunion
Divine Providence Academy
Eagle Scouts
Ferris State Students
Forest Hills Central High School Students
Gentiva Hospice Staff
Gentiva Bereavement Service
Grand Rapids Catholic Committee on Scouting
Grand Rapids Women's Chorus
GVSU Students for Life
Hagen Family Reunion
Harpists
Holy Redeemer Parish
Hope Network
Immaculate Heart of Mary School Staff
Ionia County Mental Health Staff
Isaac Sarver Concert
Kent Educational Center Students
Lacks Day of Caring Volunteers
Legatus
Lincoln Development Center Students

Macatawa Bank Day of Caring Volunteers
Men's Summer Retreat Group
Narcotic Anonymous
OverEaters Anonymous
Our Lady of Consolation Parish 8th Graders
Service Day
Parishes of St. Catherine, St. Joseph, and St. Francis Xavier
Potter's House
Project Rachel
Radix Institute
Sacred Heart Academy and Parish
Scott Albers Prayer Group
Students who needed service hours
St. Anthony of Padua Parish 7th Graders
St. Mary Parish, Paw Paw First Communion Class
St. Patrick Parish, Parnell Youth
St. Robert of Newminster Parish Family Day
St. Thomas the Apostle School Staff



Lent 2016

Lenten Season Programs

Lenten Lunches and Prayer Experience | Wednesdays, February 17 through March 16 Noon - 1:00 pm

Lowell Campus

Lunches include soups donated by *Applause*, *Bob Schultz*, *Grand Rapids Community College Culinary Program*, *Schnitz Deli*, *Vitale's of Ada* and *Kitchen Sage*, bread baked by our Franciscan volunteers, and applesauce made from apples grown on our farm. A Lenten prayer will be offered at 12:45. Donations appreciated.

Lenten Retreats and Class

Lowell Campus

February 17, 10:00 - 12:00 am | Parallel History: The Life of the Church and the Life of Each Person - Fr. Ray Bruck

How does the life of each person parallel the life of the Church? Fr. Ray will address this question from his personal experiences. Cost: \$25

February 24, 10:00 am - 2:30 pm | The Merciful Sacrifice - Liz Christian

Contemplate the Year of Mercy with singer-songwriter Liz Christian. Inspired by the Year of Mercy, join us through song and prayer to contemplate the season of Lent. From Christ's great sacrifice to our much smaller ones, we reflect on true giving against the excessive self-focus that limits our calling. Cost: \$40

March 2, 10:00 am - 12:00 pm | Icons of Mercy: Jesus, Pope Francis, and You - Fr. Phil Shangraw

To honor the Jubilee Year of Mercy, this retreat will underscore the understanding of God as kind and merciful in the pages of the Old Testament, the Gospel of Luke, and in the teachings and ministry of Pope Francis. And, just as importantly, we will consider what a merciful God means for contemporary Christians. Cost: \$25

March 9, 10:00 am - 12:00 pm | Praying with Pope Francis - Dan Pierson

Dan Pierson, co-author of *Reflections from Pope Francis, An Invitation to Journaling, Prayer, and Action*, will explore and offer suggestions on how the messages of Pope Francis can be used in daily prayer. Cost: \$25

March 16, 10:00 am to 12:00 pm OR 1:15 - 3:15 pm | The Polish Decorated Egg: Symbol of the Easter Mystery - Sister Mary Margaret Delaski

Enter the Easter Mystery through a historical look at the custom of Polish egg decorating. Watch a demonstration and practice decorating your own eggs. Please bring a half dozen hard boiled eggs. Cost: \$15

***All retreat participants are welcome to attend the Lenten Lunches.
Donations appreciated.***

At The Heart of Marriage - A Retreat for Married Couples | Saturday, February 27, 10:00 am to 5:00 pm

Back by popular demand! This retreat was offered last winter, and we've been asked to offer it once again.

You and your spouse are invited to a special day to reflect on and enrich your life as a married couple through conversation, presentations and prayer. The day will include lunch and end with the Sunday Vigil Mass at 4:00 pm. Cost: \$70 per couple

For more information or to register, please go to www.lifeprocesscenter.org

New Waterfall Dedicated

Orley Krannenberg and his wife, Diana, recently joined with Center friends and staff to dedicate the new waterfall at the Lowell Campus in honor of Orley's years of service to the Center. Orley served as the FLPC's first site manager from 1990 to 2005. The waterfall is located near Rosie's Arbor which Orley built for his deceased wife, Rose.



A Day with Father O'Malley

Saturday, April 16, 10:00 am to 3:00pm
OR Sunday, April 17, 10:00 am to 3:00pm

Father Vincent O'Malley, former director of St. Lazare Retreat House, returns to West Michigan to lead a day long retreat at the FLPC. Father will speak on "Anti-Christian Persecution Around the World: Its Extent and our Response" in the morning and "Mercy and Compassion" in the afternoon. Attendees may attend the full day, attend the morning only, or attend the afternoon only. The day will begin with the rosary and end with Mass. Adoration will be available throughout the day.

Cost: Full Day \$60, Morning only \$35, Afternoon only \$35, Lunch \$10
Please go to www.lifeprocesscenter.org to register.



Watch for information about the Men's Summer Retreat August 3, 2016 in the Spring/Summer Troubadour or go to www.lifeprocesscenter.org

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.



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Friends Make Quilts for Local Parishes

The Franciscan Friends of the Center, who have been in existence since the 1970's, recently completed over 50 baby quilts for the parishes of St. Charles in Greenville and St. Joseph in Belding at the request of one of their parishioners who is working to engage new families of both parishes.

From Director of FertilityCare, Tennille Benedict

We have been blessed during our first year of offering FertilityCare to the community. Over 35 couples with FertilityCare needs have been served.

- Couples gained a greater understanding of their fertility and health.
- They reported immense growth in their relationships after learning how to use their fertility beyond the physical aspect of their marriages.
- Some infertile couples were very excited to meet newborns who have been achieved through the instruction and use of the Creighton Model System.

In addition, presentations were given at marriage retreats, pre-cana prep classes and meetings around the diocese about our work at the Center and its positive effects on marriage and families. We look forward to continuing to share the fruits of fertility in all aspects with more couples in 2016. Thank you to all who have prayed for or supported in any way this new program!

Please call (616) 481-2823 or go to lifeprocesscenter.org for more information.