

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR WINTER 2018

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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Brother Guy to Visit FLPC

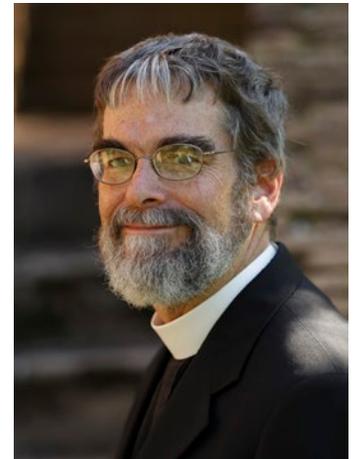
Family and friends of the FLPC and all those interested in the stars are invited to "God and the Universe: a Dinner Conversation with Brother Guy Consolmagno, SJ" on Friday, March 16 at the Lowell Campus. Guests are welcome to attend a soup and salad supper served from 6:00 - 6:45 pm followed by Brother Guy's talk at 7:00 pm.

A native of Detroit, Brother Guy is the Director of the Vatican Observatory and President of the Vatican Observatory Foundation. He earned undergraduate and masters' degrees from MIT and a Ph.D. in Planetary Science from the University of Arizona. After serving in the Peace Corp and teaching at the college level, Brother Guy joined the Jesuits in 1989. He now speaks around the world about the Vatican Observatory's research in astronomy and the Catholic Church's work at the intersection of faith and science. In his own words: "If

you believe in a universe that God so loved that he sent His Son, then not only are you going to want to study the universe, but then doing science is an act of worship."

To register for the family friendly event, please go to our home page at www.lifeprocesscenter.org

Brother Guy will also present a public lecture, "Astronomy, God, and the Search for Elegance" at Aquinas College on Thursday, March 15 in the Wege Ballroom at 7:00 pm.



Dear Friends,

As we begin the New Year, I want to take this opportunity to thank you for your generous support in response to our Annual Appeal letter as we ended our 2017 efforts to serve the people of West Michigan.

As we share our life with you in our Troubadour throughout 2018, we will highlight our Mission Statement. Hopefully, this emphasis will clarify the varied ways we serve people on a daily basis.

Since the foundational focus of the Franciscan Sisters of the Eucharist is to support all human life as sacred, we invite all with whom we work to grow and deepen their personal relationship with God. We know that inner growth and the experience of hope enriches all of our lives through this process.

As you may or may not know, we perform our Mission through the programs we offer: Music Therapy, Music Education, Counseling, Art Workshops and Retreats, Land Experiences and Environmental Education Classes for Fifth Graders, Spiritual Retreats and Spiritual Integration, Space Rentals, and a variety of Volunteer Opportunities.

The Sisters and the Center staff wish you a most Blessed New Year and look forward to serving you and enjoying time with you in 2018.

Sister Colleen Ann Nagle, F.S.E.

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

"This is a prayer we must pray every day. Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God."

Pope Francis,
May, 2013

News Around the Center

Music therapists **Kylie Chivington** and **Lindsey Perrault**, members of the Grand Rapids Symphony Choir, are honored to be able to sing with Grand Rapids Symphony at Carnegie Hall for Marcelo Lehninger's debut on Friday, April 20, 2018 at 8pm.



Carriage Driving students

The Carriage Driving Club, led by Sister Ann Frances Thompson, FSE, meets the third Saturday of each month. Students who took Level 1 classes last summer gather to work with the miniature horses to sharpen their skills and learn new ones.



Laura Chapin

Laura Chapin joins the FLPC staff to teach SymptoPro, a sympto-thermal method of Natural Family Planning. Laura graduated with a Bachelor of Arts degree in psychology from the University of Michigan. She completed her Masters in Social Work at Portland State University. Laura has worked as a child and family therapist with families impacted by foster care or adoption.

When Laura was introduced to SymptoPro, she immediately knew she wanted to be able to share this knowledge with others.

She is now eager to combine her love of supporting families with her passion for fertility education as a SymptoPro instructor.

Laura enjoys reading and spending time outdoors with her husband, daughter, and two dogs. Her family recently relocated from the Pacific Northwest and are enjoying all that West Michigan has to offer.

Know the Franciscans

Sister Maria Serra Garcia, FSE

Sister Maria Serra Garcia has lived in Lowell since 2015 and works for the Diocese of Grand Rapids as a Parish Accounting Services Specialist. However, her journey to Lowell involved many stops along the way.

Sister was born in La Junta, Colorado. She has lived in two countries, eleven states, twenty-two cities, and has moved over forty-three times in her life. Sister Maria Serra said, "Because my father was an electrical engineer at NASA and worked at Cape Canaveral, Florida, during the Apollo launches, my parents, brother and I were able to witness most of them."



Sister Maria Serra earned a Bachelor of Science degree from the University of Maryland, a Master of Business Administration degree from Southern Connecticut State University, and a Master's degree in Dogmatic Theology from Holy Apostles College and Seminary. She entered the Franciscan Sisters of the Eucharist in 2002, professed first vows in 2005 and final vows in 2011.

In her free time, she enjoys reading, making rosaries and composing music. In addition, Sister Maria Serra helps care for the sisters' cows and goats, and is apprenticing under Sister Mary Ann Schmitz, FSE, to learn to care for their orchard.

Retreats

Touched by Mercy, a Day of Reflection for those Affected by Suicide with Sister Colleen Ann Nagle, FSE, MA and Fr. 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 6:30 pm Friday, April 20 and ends 4:30 pm Saturday, April 21.

Lowell Campus

Learn how the spirituality of Saint Francis and Saint Clare can enrich one's process to holiness. Cost: \$240, Includes presentations, room, snacks, breakfast and lunch. Lowell Campus.

Please go to www.lifeprocesscenter.org and click on "Services" for more information.

Coming Summer 2018!

Men's Summer Retreat

July 18, 9:00 am - 5:00 pm Lowell Campus

"FLPC Eco Retreat" for Young Adults

Wednesday evening, August 1 through Sunday morning, August 5.

Once a Month Kitchen

Once a Month Kitchen continues at the Lowell Campus. Class size is limited. Register today! Cost: \$25

Paczki Making, February 12, 9:45 am - noon

Sister Mary Margaret Delaski, FSE

Homemade Hamburger Buns, March 8, 6:30 - 8:30 pm

Sister Ann Frances Thompson, FSE

Bread Baking for Couples, April 18, 6:30 - 8:30 pm

Sister Colleen Ann Nagle, FSE

Chocolate Burgundy Torte, May 9, 6:30 - 8:30 pm

Sister Lucia Treanor, FSE

Gluten Free Pizza Dough, June 12, 6:30 - 8:30 pm

Jan Hendrick

Please go to www.lifeprocesscenter.org to register.

From the Art Director

The art workshops attract both instructors and students from across the country. Instructors have traveled from California, Utah, Montana and South Carolina. In addition to art students from West Michigan and the Midwest, attendees joined us from Texas, Florida, Alabama, Virginia, South Carolina and New York. Our reputation for offering quality instructors in an environment that promotes creativity and the advancement of skills continues to expand.



*Candice Chovanec,
art workshop instructor*

Guardian Gallery, Grand Rapids, features Sharon Snoeyink and Carol Cole's "Paintings and Portraits" while Guardian Gallery, Lowell, presents the watercolor paintings and batiks of Carole Nielsen.

Highlights of the 2018 workshop season include the return of, "Alla prima Figure and Portrait Painting" with David Shevlin and "Encaustic Painting and Collage Workshop" with Sarah Rehmer. We also welcome back Dmitrii and Tatiana Berestova from the Prosofon School of Iconology who will lead a week long class in March.

To see a complete list of workshops, please go to www.lifeprocesscenter.org and click on "Services."

Franciscan Fertility Education and Support Program Grows

In addition to the Creighton Model FertilityCare, the Center will now offer another method of fertility awareness, SymptoPro. SymptoPro is taught through a series of classes and offers highly personalized support. Similar to the Creighton Model, SymptoPro can be used throughout the fertile lifespan to detect the days of fertility and infertility of the couple from postpartum to the premenopausal years.

SymptoPro is offered in a series of sessions:

**February 6, 20, and March 6 from 6:00 - 8:00 pm
at the Lowell Campus**

**April 7, 21, and May 5 from 10:00 - noon
at the Lowell Campus**

**June 4, 18, and July 2 from 5:30 - 7:30 pm
at the Grand Rapids Campus**

Cost for the three session class is \$145 which includes the full 3-session series, all the materials needed, basic chart review for the first 6 cycles, and unlimited brief online or email consultations. No further classes are required.

For more information about SymptoPro, please contact Laura Chapin at 616-897-7842 ext. 316.

Creighton Model Introductory Sessions will be held on January 10, March 7, and May 2 from 7:00 - 8:30 pm at the Lowell Campus. Cost: \$55

For information about the Creighton Model, contact Georgia Schmitz at 626-481-9699 or email gschmitz@lifeprocesscenter.org.

Correction

Joe Trenshaw's name was omitted from the caption for the photograph near the article "Laudato Si' Sanctuary Dedicated" in the Fall Troubadour. Our apologies.

Caption: "(Standing) Cris Ritsema, Sister Mary Frances Traynor, Joe Trenshaw, Sister Damien Marie Savino (Sitting) Chris Baer, Sister Mary Ann Schmitz"

Lenten Lunches and Prayer Experiences Wednesdays, February 21 through March 21 Noon - 1:00 pm

Lowell Campus

A Lenten tradition continues! Please join us at our Lowell Campus for lunch and prayer. Lunches include soups donated by local restaurants, 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 Speaker Series - St. Francis and St. Clare in the Modern World Wednesdays, February 21 through March 21

The Franciscan Sisters of the Eucharist invite you to learn about the spirituality of St. Francis and St. Clare as part of your Lenten journey. Please note that two classes will be offered at the Grand Rapids Campus in the evening. Cost: \$15 per class

February 21: An Introduction to the Spirituality of St. Francis/St. Clare with Sister Mary Margaret Delaski, FSE

Lowell Campus 10:30 - noon

This presentation will share the historical milestones of the lives of St. Francis and St. Clare as well as how their spirituality continues to be available to us today.

February 28: Embracing the "Leper": A Conversion of Heart with Sister Barbara Cline, FSE

Grand Rapids Campus 6:30 - 8:00 pm

Join us as we explore the meaning of "finding the leper within," what that will mean in our lives, in our relationship with others, and most of all with God.

March 7: Franciscan Prayer - The Divine and Human Relationship with Sister Darlene Wessling, FSE

Lowell Campus 10:30 - noon

Franciscan prayer allows us to integrate our love relationship with Christ to the everyday occurrences of life.

March 14: Laudato Si, mi' Signore -Praise to you, my Lord" with Sister Damien Marie Savino

Grand Rapids Campus 6:30 - 8:00 pm

The mystery of seeing all creation as brother and sister will be the starting point of this presentation about the care of nature.

March 21: Our Greatest Weakness as our Greatest Gift with Sister Colleen Ann Nagle, FSE

Lowell Campus 10:30 - noon

How do we identify and own our personal inadequacies as our pathway to becoming the best version of ourselves in relationship to Christ?

The Polish Decorated Egg: Symbol of the Easter Mystery with Sister Mary Margaret Delaski, FSE

March 19, 10 am - noon OR 6:30 - 8:30 pm

Lowell Campus

Watch a demonstration and practice decorating your own eggs. Please bring a half dozen hard boiled eggs at room temperature. Cost: \$15

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

Roots Will Rock

Wednesdays, January through May, 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. They join working musicians Eric Busch and Jeremy Verwys to explore and develop their skills.

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

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

Collaboration Continues

As reported in the Fall 2017 Troubadour, the FLPC partnered last summer with the Grand Rapids Symphony Orchestra's Music and Health Initiative for a pilot project at the Grand Rapids Home for Veterans. Music therapist Kylie Chivington, MM, MT-BC, and two Symphony members interact with a group of veterans who have varying stages of Alzheimer's or dementia. At the time of last fall's printing, it was uncertain whether the project would be continued due to funding.

The Center is happy to announce the GRSO Music and Health Initiative received the funds to continue the project! Not only did the program receive more financial support, but the Symphony musicians group welcomed eight new members, totaling seventeen.

Kylie and the Symphony musicians see the veterans once a month. Kylie states, "It was wonderful to return to a group of individuals that truly benefit from music therapy. I especially look forward to seeing the positive effect our sessions have on the residents during the winter, a time when we all can use a good combination of human interaction and music!"



Kylie & symphony musicians work with vets

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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Unplug at the FLPC Eco Retreat

Turn off the noise and reconnect with God and nature

Who: Catholic adults between the ages of 21 - 35

What: Franciscan eco-retreat celebrating harvest time!

Where: The Franciscan Life Process Center, 11650 Downes St. NE Lowell, MI

When: Wednesday evening, August 1 through Sunday afternoon, August 5

Cost: \$250 includes food, lodging, and equipment

The Franciscan Eco Retreat, led by Sister Damien Marie Savino, FSE, is for adults, ages 21 to 35, interested in disconnecting from the consumer culture and reconnecting to more simple living and the riches of our Christian faith. Surround yourself with like minded Christians as we work, pray, and eat together, learning how to harvest fruits and vegetables, make homemade pies and bread and care for livestock. There will be opportunities for spiritual integration along with daily Mass, Adoration, and the Divine Office.

Please go to www.lifeprocesscenter.org and click on "Services" to register.

Summer Camps 2018

Starting to think about warm summer days and summer vacation? Information about our Summer Camp offerings will be available on our website by February 15 and in our Spring, 2018 edition of the Troubadour.



Sister Mary Paul Moller, FSE with campers