

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

SPRING 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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Art Department Continues to Grow

2018 marks the sixth year that Kathy Bechtel has been the Art Director at the FLPC. Kathy was asked to "grow" the art workshop program by building on the work of previous directors Sandy Jackoboice, Kasey Cornwall and John Knight, and so it has. Kathy says, "People come from all over the country as well as West Michigan to study with artists of great notoriety." This summer's workshop offerings include "Sparkle-Reading the Light" with W. Truman Hosner and "Zorn Palette Workshop" with Aaron Westerberg.

In addition to the art workshops, the Art Department offers additional opportunities for artists as well.

Located at each campus, the **Guardian Galleries** display the work of one or two artists every four months. Currently, Kathleen Mooney's abstract paintings are exhibited at the Lowell Campus. At the Grand Rapids Campus, the abstract artwork of Bill Alexander hangs through early summer and will be followed by Carole Nielsen's watercolor and watercolor batiks. The galleries are open to the public during regular business hours.



Every other Monday, the Art Department has a **sketch session** with a live model.

The Center provides the easels, and the artists bring the medium in which they will work. "It is challenging and fun, and the Center is the perfect spot to

let creativity flow," states Barb Schilling, sketch session participant.

Kathleen Mooney teaches a one day **acrylic workshop** almost every month on different aspects of acrylic painting and the fundamentals of art. The workshops offer an affordable way to explore this medium.

The **Franciscan Artists** meet every Wednesday at the Lowell Campus in an open studio

format. Melissa Lojik, a local artist who regularly attends explains, "Meeting with this wonderful group of artists weekly is stimulating and enjoyable for me." This July the Franciscan Artists will exhibit their artworks in the Terryberry Gallery at St. Cecilia Music Center in Grand Rapids. The public is invited to see their interpretations of abstract work, collages, mixed media pieces and realistic representations.



Finally, based on the success of January's bus trip to the Monet exhibit at the Detroit Institute of Art, artists and friends of the Center have planned a July 25 **bus trip** to the Chicago Institute of Art to view the John Singer Sargent exhibit. Sargent is one of America's most renowned portrait painters. One bus is filled and people are signing up for the second.

Kathy is always looking for ways to expand the art department and its programs. She says, "I have met the most wonderful people who search for creativity to enrich their lives. I'd like to continue to expand our art workshops so that even more people throughout the US will be aware of this hidden gem found in Lowell, MI."

To learn more about the workshops and other activities offered by the art department, please visit the art department Facebook page, www.facebook.com/flpcartschool, our website www.lifeprocesscenter.org, email kbechtel@lifeprocesscenter.org or call 616-897-7842.



"If we live the faith in our daily life, then our work too becomes a chance to spread the joy of being a Christian."

Pope Francis,
January 2014

Music Therapists Create Heartbeat Recordings

The Franciscan Life Process Center partners with Spectrum Health Hospice to provide music therapy for its patients. Recently Spectrum Hospice, using money from its donors, purchased equipment to create heartbeat recordings. Amanda Partlo, MT-BC explains, "We take an audio recording of a patient's heartbeat, the most intimate sound of the human body, and put music to it, typically, a familiar song that is important to the patient and the family." April Fausch Cullum, MA, MT-BC, continues, "These recordings help families stay deeply connected with their loved ones."



Amanda and April practice recording heart beats

Volunteers Assist Music Therapy Program

When Pat Menkveld retired in 2014 from Grand Rapids Public Schools, where she worked as an RN, she looked for some way to give back, as well as to stay connected with the staff and students that she had served for so many years. In her work at Pine Grove Learning Center, a school for children with special needs, she had observed Lindsey Perrault, MT-BC, music therapist from the Franciscan Life Process Center as she provided music therapy sessions. Pat decided her new "work" would be helping Lindsey.

Pat began her role as a volunteer in the weekly music therapy session, assisting Lindsey in whatever way was needed. Her enthusiasm was contagious, and soon her husband, Paul, became interested in using his woodworking talents to build adaptive equipment for the children, such as adaptive guitar picks, tambourines and balance boards. For the past year, he has been working on building a squeeze machine, a device that research has shown to help calm anxiety, refocus attention and offer proprioceptive sensory input for children with special needs. He donated it to the Franciscan Life Process Center's music therapy program. We extend our deepest gratitude and appreciation to Pat and Paul for all their generous contribution of time and talent these past four years.

If you would like to volunteer at the Center, please email Sister Colleen Ann Nagle scanagle@lifeprocesscenter.org or call 616-897-7842.



Lindsey Perrault and Edward Nolen demonstrate the Squeeze Machine

Summer Children's Programs

Space is limited! Register today

Summer Groovin' Groups- June 11 - August 3

Grand Rapids Campus

This summer the FLPC is offering music therapy groups for children with special needs. Groups will use fun and motivating interventions to work towards therapeutic goals such as social interaction and communication. Parent participation is welcomed!

Two groups for ages 5-9 and 10 - 17 will meet weekly for 45-minutes on Mondays for 8 weeks, June 11 - August 3 at our Grand Rapids Campus. (no groups July 2) Cost: \$160.

Please contact April (616) 97-7842 x308 or afcullum@lifeprocesscenter.org.

The Early American Art Camp with Sister Mary Paul Moller, FSE August 8 - 10

Lowell Campus

Did you ever wonder what life was like in the "olden days"? What games did children play? What was their art like? What kinds of food did they make and how did they preserve it without refrigeration?

Join us for three FUN days of hands on games, craft activities, and food preparation and preservation as we recreate early life in America. Ages 7 - 12 Cost: \$90

To register, please go to www.lifeprocesscenter.org and click on Summer Children's Programs.

Carriage Driving Summer Camps

11761 Downes St. NE

Five camps for children will be offered this summer. Camp days include daily classes in horsemanship, harnessing, and driving. Cost: \$289 An adult class will also be offered.

To learn more or to register, please contact Sister Ann Frances Thompson at 616-897-5220.

Breathers' Club and Center Collaborate

After Lindsey Perrault, MT-BC, gave a presentation to the Council on Aging on the benefits of music therapy with the elder population, she was contacted by Diane Kirby, founder of the Better Breathers Group in Zeeland. Diane asked if someone from the Franciscan Life Process Center could give a presentation for people struggling with COPD (Chronic Obstructive Pulmonary Disease). Lindsey did this, explaining to the Group that music can promote relaxation to reduce anxiety. She also taught them some daily breathing exercises. Lindsey has subsequently presented to the Grand Rapids Breathers' Club.

If you know of a group who might benefit from a presentation by our music therapy staff, please contact Sister Mary Margaret Delaski, FSE at smmdelaski@lifeprocesscenter.org or call 616-897-7842.

On the Land

The Sisters and Center staff know spring is coming when the sandhill cranes return, the Arnold Promise witch hazel blossoms and seeds are starting to grow in the greenhouse.

With the introduction of bluebird houses on the land, we have increased the presence of bluebirds and tree swallows.

The Laudato Si' Sanctuary continues to expand through the work of the Center staff and volunteers. Varieties of wetland plants including ironweed, Canada rye, and cow parsnip, were planted last fall. Visitors are encouraged to visit the Sanctuary any time but especially in August when the largest bloom of flowers occurs.

Basswood and black walnut trees in the northwest corner of Center land were logged recently. Harvesting wood allows for the new growth of young trees, addresses safety concerns, and generates income for the Center.

Work on the chicken coop continues with the addition of a fence and roosts. Chicks will arrive in May. Students from local Catholic schools attending the Environmental Learning Program will feed the chickens and collect the eggs when classes resume in the fall.

Interested in volunteering on the land? Join us for **Community Workdays** held on the second Saturday of the month, March through November, 9:30 - noon at the Lowell Campus. Activities take place in the morning followed by a communal lunch. Individuals, families, church and business groups are welcome. Registration is not required.



Bluebird



Witch Hazel



Cow Parsnip

Counselor Joins staff

The Center welcomes Deena Cantu LaPres as the newest addition to the counseling department staff. Deena, who works part time as a counselor at the Grand Rapids campus, has had a private practice for over fifteen years in Rockford, Michigan. More recently, she moved her practice to her home office in Grand Rapids.

Deena specializes in working with families and individuals who have suffered with trauma, anxiety, eating disorders, marital issues and post abortion healing. She enjoys her time with her family and is especially grateful that she can still play basketball with her grandchildren.



Deena Cantu LaPres

Retreats

Men's Summer Retreat

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

Lowell Campus

Men from the Diocese of Grand Rapids are invited to the Lowell Campus for a one day retreat. Msgr. Gus Ancona will offer reflections on Jesus as the greatest of Teachers based on St. Matthew's Gospel. The day will also include meditation and prayer time, Confession and Mass. Cost: \$60.

Carpooling from Immaculate Heart of Mary Parish (IHM) in Grand Rapids has been arranged if needed.

FLPC Eco Retreat

Wednesday evening, August 1 - Sunday afternoon, August 5

Lowell Campus

Sister Damien Marie Savino, F.S.E., leads this retreat for adults, ages 21 - 35, interested in disconnecting from the consumer culture and reconnecting to more simple living and our Christian faith. There will be opportunities for spiritual integration along with daily Mass, Adoration, and the Divine Office.

Cost: \$250 (Generous underwriters have helped defray some of the costs of this event.)

To register for these retreats, please go to www.lifeprocesscenter.org and click on "Services."

Fertility Education Classes

Creighton Method Introduction Sessions:

June 20, 7pm - Lowell Campus

August 22, 6pm - Grand Rapids campus

October 24, 7pm - Lowell Campus

Introduction to the Creighton Method is offered in a 90 minute session that introduces its use and applications. Cost: \$55.

For more information, please contact Georgia Schmitz at 616-481-9699 or email gshmitz@lifeprocesscenter.org.

SymptoPro Classes:

July 3, 17, 31, 5:30-7:30pm - Lowell Campus

September 15, 29, October 13, 9-11am - Grand Rapids Campus

The three-session series includes all the materials needed, basic chart review for the first six cycles, and unlimited brief online or email consultations. No further classes are required. Cost: \$145.

For more information about SymptoPro, please contact Laura Chapin at 616-319-3841 or email lchapin@lifeprocesscenter.org

Once a Month Kitchen

Lowell Campus.

Gluten Free Pizza Dough, Tuesday, June 12

Jan Hendrick

Cost is \$25 per class.

Please go to www.lifeprocesscenter.org to register.

Coming Fall 2018!

- Remembering with Love, a Memorial Service for families who have lost loved ones
- New Retreat Offerings
- The return of Once a Month Kitchen

Check online or watch for the Fall Troubadour for information.

Bowl-a-Rama

New Date for Bowl-a-Rama!

July 26, 5:30 - 9:00 pm

Northfield Lanes, 2222 Plainfield Ave., NE Grand Rapids

Gather family, friends or office staff on Thursday, July 26 for the 9th annual Bowl-a-Rama. Purchase a lane for a team of six people, and you'll enjoy bowling, delicious food, a team photo, and a team t-shirt. Proceeds from this event support Center programs.

Please contact Sister Colleen Ann Nagle at scanagle@lifeprocesscenter.org for more information.



Gerrie Murray, Fr. Colin Mulhall,
Sr. Darlene Wessling, FSE

Troubadour

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"na Skylark" Concert and Dinner

August 17 Dinner 5:30; Concert 7:30

Lowell Campus

Come for a delightful summer's evening of good food and wonderful music. Lorinda Jones, (harp, dulcimer) Cathy Wilde (pipes, whistles), and Janell Canerday (fiddle and vocals) will share the music, history, songs, and stories of the Celtic lands and send your spirits soaring.

Cost: concert \$15
buffet dinner \$15
(dinner reservations due by August 10) Please go to www.lifeprocesscenter.org.

You may purchase tickets for both the dinner and the concert or you may choose to attend the concert only. Either way we hope to see you there!



Calling All Runners/Walkers!

Join us for West Michigan's most unique race, the Franciscan Rhythms Trail Run/Walk on Saturday, October 6 for a 5K run or walk, 10K run, and a kid's run. Enjoy the live music throughout the trail, Franciscan stew, freshly baked bread, and a custom t-shirt.

Early bird registration is \$10 for kid's run, \$30 for 5K run/walk and \$35 for the 10K.

Register online today at bit.ly/2018trailrun

