

Hope: Springing into the Future



Franciscan Life Process Center

TROUBADOUR WINTER 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.

This Issue of Troubadour

Dear Friends and Supporters1

Play Therapy Offered1

News Around the Center2

Once a Month Kitchen2

Mark Your Calendar3

FertilityCare Corner3

Retreat Schedule for 20174

Lenten Season Programs5

From the Art Director6

Summer Camps6

Music Therapists Join Staff6

“We are called to become men and women of hope, collaborating in the coming of this kingdom made of light and intended for all.”

-Pope Francis, Dec. 14, 2016

Dear Friends and Supporters,

The programs at the FLPC are an honest example of offering hope to all those with whom we work. Each of our staff members works diligently with students, clients, patients, retreatants, artists, and volunteers to affirm their gifts and talents, to challenge their growth and ongoing development, and to encourage them as they move forward. Listed below are the ways we have offered hope to people in West Michigan in 2016:

- Our music therapists traveled over 7660 miles to a variety of sites including public schools, elder care/ nursing homes, hospitals and hospice facilities.
- In addition to meeting with individuals, couples and families at the Center, our counselors worked with over two hundred children each month in six elementary schools.
- 250 artists attended our art workshops.
- Over 30 people came for Spiritual Integration/Direction each month.
- 20 school groups held retreats at the Lowell Campus.
- Attendance at the spiritual retreats grew to 300.
- FertilityCare service had 57 clients and has resulted in six births.
- Our music educators worked with 80 music students.

Of course, first and foremost, our mission springs out of prayer and our deep belief in the sacredness of each human person. We consider all of you to be partners with us in this mission on a daily basis through your prayers, involvement, and contributions.

Please join us in 2017 as we together spring into the future with hope.

Happy New Year,

Sister Colleen Ann Nagle, FSE
Director



Play Therapy Offered at the Center

Utilizing the skills and experience of Sister Mary Paul Moller, FSE, LMFT, LCPC, RPT-S, the counseling department offers play therapy for its youngest clients. While anyone can benefit from play therapy, it is especially appropriate for children ages 3 through 12 years old.

“Play is the language of the child, and play therapy builds on the way children learn,” states Sister Mary Paul. She explains that play therapy techniques help children express feelings and communicate their needs. It also provides a safe way to explore problems, modify behavior and learn skills to resolve conflict. It can be used for behavioral problems such as

“Hope is the ‘fuel’ of Christian life that allows us to go forward every day.”

Pope Francis,
December 15, 2016

continued on page 2

News Around the Center

With the addition of the fence, the horse arena is complete and ready for use by Sister Ann Frances Thompson, FSE, for a new area of programming that combines music therapy and equine therapy.



The music therapy staff welcomed Leah Ivory who presented a Continuing Music Therapy Education course, entitled "The Roots of Rhythm: West African Drumming and Drum Facilitation." It provided a lively and informative introduction to group drumming in the West African style.



Roots Will Rock gave a short concert featuring cover songs chosen by the class at Roots Brew Shop which is located near our Grand Rapids Campus.

Many thanks to all who attended LIFEfest 2016, held at Bridgewater Place in October.



Guests enjoyed appetizers by Applause Catering, performances by our music therapists, and education about our many programs.

Our baking classes have been a huge success! Guests learned how to make apple pies, gluten free bread, and cinnamon rolls in addition to getting to know more about the Center and the staff.



Work on the expansion of the prairie grasses continues even in winter. Christine Baer, an Audubon member, returned to the Lowell Campus to supervise Center staff as they planted seeds after the first snow!



Over 90 people joined the Center staff at the Knickerbocker for Hops and Harps, an evening of delicious food, lively Celtic music and tasty beers. Many thanks to the chef and restaurant staff and to our musicians, Dennis Rybicki and Paul Merewether.

Play Therapy Offered (cont.)

grief and loss, anger management, crisis and trauma, anxiety, depression, and ADHD.

Because parents are an integral part of the therapeutic process, Sister Mary Paul meets with them to discuss their concerns and to set goals for the child.

If you feel play therapy may benefit someone you know, please contact Sister Mary Paul Moller at 616-897-7842 or email her at smpmoller@lifeprocesscenter.org.

Introducing Once a Month Kitchen



Because interest continues to grow in the baking classes at the Lowell Campus, we have decided to offer a class each month and to expand our topics to include seasonal cooking. Class size is limited! To register, go to www.lifeprocesscenter.org and click on Events.

Pączki Class

Monday, February 20, 6:15 - 8:30 pm

Monday, February 27, 6:15 - 8:30 pm (full)

Since the Middle Ages, Polish people have been known for their pączki, a rich, deep-fried doughnut filled with stewed prunes. The Tuesday before Lent, which begins on Ash Wednesday, became known as Fat Tuesday, as the people tried to use up all the lard, sugar, eggs, and fruit in the home to fulfill Catholic fasting practices. Today many American cities celebrate Fat Tuesday with pączki of all kinds, i.e., strawberry, Bavarian cream, blueberry, apple, custard, or raspberry. Come and learn to make the traditional prune-filled pączki with Sister Mary Margaret Delaski, FSE, who will use a recipe handed down for many generations of her Polish lineage.

Cost: \$20

Lenten and Easter Breads, Gluten Free - Thursday, March 16, 10:00 - noon

Lowell Campus

Switching to a gluten free diet? Wondering how to serve your holiday favorites to gluten free friends and family? Come to our Lowell Campus to enjoy an evening of baking using gluten free flours and techniques so you will be prepared to go gluten free for any spring get-together. Attendees will leave with a batch of hot cross buns they have made with their own hands.

Cost: \$20

Bread Baking for Couples - Thursday, April 20, 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: \$35

Baking with Rhubarb and Strawberries - Thursday, May 11, 10:00 am - noon

Lowell Campus

Rhubarb and strawberries! They go together so well. Use fresh rhubarb and strawberries to create your own coffee cake or pie. Everyone will go home with a jar of jam that we will prepare that day also.

Cost: \$30 which includes a \$10 supply fee.

Strawberry Jam Making - Tuesday June 6, 6:30 - 8:30 pm

Lowell Campus

Enjoy the flavor of fresh strawberries throughout the year by learning to make strawberry jam.

Cost: \$30 which includes a \$10 supply fee.

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.

Lenten Speaker Series - Wednesdays, March 8 through April 5, 10:00 am - noon

Lenten Lunches and Prayer Experience - Wednesdays, March 8 through April 5, Noon - 1:00 pm

Lowell Campus

Please go to www.lifeprocesscenter.org and click on Events.

NEW THIS YEAR!

Women's Breakfast, HOPE RELATE INVEST - Tuesday, March 14, 7:30 am - 9:00 am

Noto's Old World Italian Dining, 6600 28th St, SE Grand Rapids, MI

Women of all faith traditions are invited to join us as we help the Franciscan Sisters celebrate the close of National Catholic Sisters Week during National Women's Month. It is bound to be a sell-out so watch for ticket sales soon!

Music Recitals - Sunday, May 21, 1:30 pm and 4:00 pm

Lowell Campus

Students from both campuses will share their musical talents with family and friends. A reception will follow each recital.

Beer Pairing Dinner - Thursday, June 1, 6:30 pm - 8:30 pm

Lowell Campus

Enjoy a beautiful evening on the land as you sample seasonal beers and foods. A hayride is available at 5:30 pm.

Cost: \$40 Registration information will be available soon.

Bowl-a-Rama - Thursday, August 3, 5:30 - 9:00 pm

Northfield Lanes, 2222 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 can enjoy bowling, delicious food, a team picture and a team t-shirt. All proceeds benefit the Franciscan Life Process Center. Please contact Gerrie Murray at gmurray@lifeprocesscenter.org or call 616-897-7842 for more information.

HARPFest 2017 Harp Blessings: Simplicity, Beauty and Elegance - Friday, August 18 through Saturday, August 19

Lowell Campus

"Making it complicated is easy. Keeping it simple is an art." This statement describes the underlying philosophy of Angi Bemiss, our guest clinician for HARPFest 2017. When her husband surprised her with a harp (and lessons), Angi, who had been involved in music for years, realized that she would have the opportunity to quietly serve others with the peaceful and unique sound that comes from its strings. A Certified Music Practitioner since 1998, she has provided thousands of live therapeutic music hours to those in need.

Go to www.lifeprocesscenter.org and click Events to learn more.

Watch for information about the Franciscan Rhythms Trail Run and LIFEfest 2017 in the Spring edition of the Troubadour!

FertilityCare Corner – What is Napro technology?

Georgia Schmitz, BSN, FCP, RN

In my work as a FertilityCare Practitioner, I am often asked "What is NaPro technology?" NaPro stands for Natural Procreative technologies and looks upon a couple's fertility as a sacred gift and the cycles as a natural part of being a woman. It was born out of a response to the Creighton Model FertilityCare System (CrMS) of charting a woman's cycle. Dr. Thomas Hilgers, OB/GYN, the developer of the CrMS, and his team, began to notice correlations in the charts of his patients. These patterns led to over 30 years of research which have opened the doors of understanding in diagnosis and treatment for a multitude of symptoms from which women suffer, including infertility.

Using medical and surgical treatments that cooperate completely with the reproductive system, Napro technology trained professionals focus on restoring health in order to

relieve the symptoms of PMS, painful periods, endometriosis, repetitive miscarriage and infertility, to name a few.

I find that couples are often looking for treatments which seek to cooperate with the natural procreative cycles. They are empowered by the knowledge and understanding of the causes of the symptoms from which they suffer through the use of Creighton Model FertilityCare system and NaProTechnology.

The next FertilityCare Introductory Session will be held on Wednesday, February 1 at 7:00 pm at the Lowell Campus. Contact Georgia Schmitz at gschmitz@lifeprocesscenter.org or call 616-481-9699 for more information.

Retreat Schedule for 2017

To register, please go to www.lifeprocesscenter.org and click on Services.

Touched by Mercy, A Day of Reflection for those Affected by Suicide

February 4, 9:30 am - 3:00 pm

Lowell Campus

"It is a profound spiritual experience to contemplate our loved one with the eyes of God and to see Christ in them. Our loved one merits our complete attention since he or she possesses infinite dignity as an object of the Father's immense love."

- Pope Francis, Joy of Love

Sister Colleen Ann Nagle, FSE, MA and Father Ron Hutchinson, MA invite all who have been touched by suicide to a day of reflection, sharing, questioning, and prayer. The day will include lunch and end with Mass.

Cost: \$55

AT THE HEART OF MARRIAGE - Level I

Saturday, February 25, 10:00 am - 5:00 pm

Lowell Campus

You and your spouse are invited to a special day to reflect on and enrich your life as a married couple through conversation, couple time, and presentations. Sister Colleen Ann Nagle, FSE, and Peter Birkeland, PH.d lead the day which includes lunch and culminates with Mass at 4:00 pm.

Cost: \$75

Walking Side by Side: Living the Catholic Doctrines of Human Sexuality in the 21st Century

Friday, March 17, 7:00 - 8:30 pm AND Saturday, March 18, 9:00 am - 5:00 pm

Lowell Campus

Gather for a retreat experience that highlights the teachings of the Church around the issues of human sexuality on a practical level that will help you to live in relationship with others in today's culture. The presenters are Sister Suzanne Gross, FSE, Program Coordinator for Pro-life Activities, Archdiocese of Hartford, CT; Sister Barbara Johnson, FSE, Executive Director of the Franciscan Life Center in Meriden, CT and therapist; Sister John Mary Sullivan, FSE, Program Coordinator for Marriage and Family Ministry, Diocese of Vancouver, B.C. and attorney Cal Thomas, Danaher, Lagnese, PC in Hartford, CT.

This retreat includes a light supper on Friday evening, lunch and Mass on Saturday.

Cost: \$125 per person \$150 per couple \$60 per student

Scholarships available

Seasons of Care, a Day for Caregivers Saturday, April 29, 10:00 am - 3:00 pm

Lowell Campus

Being a caregiver is one of the most challenging and rewarding experiences that life can offer. It comes to us in seasons. Join Mary Vaccaro, spiritual care director, Kindred Hospice (formerly Gentiva Hospice), for a time to explore and reflect on these seasons of caring. This will be a time for caregivers to relax, reflect and regroup, through stories, silence, prayer, nature, and humor. Lunch is included.

Cost: \$ 55

Love Will Steer Me True: A Crash Course in Intergenerational Conversation on Faith

Saturday, May 6, 10:00 am - 1:00 pm

Lowell Campus

Do you know a 20, 30, or 40-something person who is no longer attending church? Studies estimate that 83% of this age group are missing from the pews.

Do they even want to talk about it?

Jane Knuth and her daughter, Ellen Knuth, authors of *Love Will Steer Me True: A Mother and Daughter's Conversations on Life, Love, and God*, (Loyola Press, 2014) talk about learning from young Catholics who are not in the pews. Topics include "How not to pray for a 20-something." "Participant vs. Member" "If they aren't in the pews—where are they?" "Worry and prayer are not the same thing."

Cost: \$ 55 Lunch is included.

Remember! Men's Summer Retreat Wednesday, July 19, 9:00 am - 5:00 pm

Lowell Campus

The Lowell Campus offers a beautiful setting for hearing the word of God, silence, and reflection. Led by Msgr. Gus Ancona, this special day will include presentations, meditation and prayer time, Confession, lunch and Mass.

Cost: \$50

Lent 2017

Lenten Season Programs

Lenten Lunches and Prayer Experience

Wednesdays, March 8, through April 5, Noon - 1:00 pm

Lowell Campus

Lunches include soups donated by Applause Catering, Kitchen Sage, Schnitz of Ada, GRCC Culinary Program, and Vitale's of Ada, 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

March 8: The Art of Forgiveness - Mary and Larry Gerbens

Just as "a picture is worth a thousand words," so "a parable is worth a thousand pictures." This is especially true of the Parable of The Prodigal Son found in Luke 15. This parable has been the inspiration for countless works of art over the centuries. In this Year of Grace and Season of Lent, come and learn about this "Art of Forgiveness" and be inspired to "always forgive and be forgiven." – Cost: \$25

Mary and Larry Gerbens have collected and commissioned art on the Parable of The Prodigal Son since the mid 1990's. The message of the Parable and the art has become their ministry.

Selections from "The Art of Forgiveness" collection can be viewed from February 6 through March 31 at the Lowell Campus from 9:00 am to 5:00 pm Monday through Friday.

March 15: O, Crux Ave — Music under the Cross - Jane VanHouten

Journey into Lent by intertwining reflection, art, music and community. This morning will offer a space of elegant simplicity as we journey through Lent visually, musically and spiritually. We will work to understand that our Lenten journeys are not about becoming lost in feelings of brokenness but about cleansing the palate so that we can taste life more fully. – Cost: \$25

Jane is the Director of Music at Immaculate Heart of Mary (IHM), a large parish and school of 1,400 families in Grand Rapids, Michigan.

March 22: Lenten Fridays Aren't All About Fish - Fr. Ron Hutchinson

"You don't like fish...but you're a priest?!" Given Fr. Ron's desire not to eat fish unless he really has to, he has explored many different options for his Friday night meal. Father will share some of his favorite recipes and bring along some samples. Who knows? Maybe you will find something new to replace that worn out tuna noodle casserole you are still serving the family. – Cost: \$25

Father Ron Hutchinson is the Director of Priestly Vocations for the Diocese of Grand Rapids.

March 29: The Way of the Cross - Jim Wisnewski

Join Jim Wisnewski for an in depth look at Jesus' journey to the cross. Jim will begin with an examination of the historical events of the suffering of Jesus, then suggest an application to our circumstances today and conclude with a prayer connected to each event. – Cost \$25

Jim Wisnewski, or Mr. Jim, as he is called by thousands of Catholic Central High School students, taught art there for forty years as well as serving as an adjunct professor at Aquinas for 14 years.

April 4, 6:30 to 8:30 pm or April 5, 10 am to 12 pm or 1 to 3 pm

The Polish Decorated Egg: Symbol of the Easter Mystery

Sister Mary Margaret Delaski, FSE

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

Sister Mary Margaret Delaski, FSE is the Director of the Music Program at the Franciscan Life Process Center.

For more information or to register, please go to www.lifeprocesscenter.org and click on the Lent 2017 Tab.

**All attendees are welcome to attend the Lenten Lunches.
No registration necessary for lunch. Donations are appreciated.**

From the Art Director, Kathy Bechtel

In March, we will begin our yearly offerings of fine art workshops. A variety of mediums will be taught by nationally known instructors providing a unique opportunity to learn from instructors that you might normally have to travel to see. Some of the instructors joining us are Marc Hanson, Bryan Mark Taylor, Douglas Fryer, Joyce Hicks, Andy Evanson, Barbara Schilling, Kathleen Mooney, Qiang Huang, Mark Daniel Nelson, and Roger Dale Brown.



Please go to www.lifeprocesscenter.org, then to the Services Tab, and then to the Art Department Tab to find a complete listing of our fine art workshops.

SIGN UP Now for Summer Camps

While warm summer days may seem far away, the staff of the Center invite you to register TODAY for our summer camps for children. These camps, co - led by Sister Mary Paul Moller, FSE, LMFT, LCPC, RPT-S and Lindsey Perrault, MT-BC offer an integrated experience of the arts and the natural world on the land of our Lowell Campus. Camp topics include "Animals: Wild and Tame" June 26 - 30, "Art from Nature" July 31 - August 4 and "Rockin' and Rollin'" August 7 - 11. In addition, "Special Day Camp for Special People, Integrated Experiences for the Natural World" is offered August 18 - 19.



Please go to our website, www.lifeprocesscenter.org to learn more and to register.

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.



www.lifeprocesscenter.org

Non-Profit Org.
U.S. Postage
PAID
Grand Rapids, MI
Permit No. 404

Music Therapists Join the Staff

Kylie Chivington completed her Master's of Arts/Equivalency Degree in Music Therapy at Florida State University after completing her bachelor's degree in music history at Trinity International University. She has also received her certification in NICU-MT from the National Institute for Infant & Child Medical Music Therapy and was certified in 2015 as a Neurologic Music Therapist (NMT). Kylie has experience working with many diagnoses among the pediatric population and within a medical setting. It brings her great joy to work with children and elders. Kylie maintains her musical skills through active participation in the performing arts and by teaching voice, cello, and violin at the Center.



Eric Busch received his Bachelor of Music Therapy from Western Michigan University, Kalamazoo, in 2015. He has provided services to children and adults with developmental disabilities, including, but not limited to, Autism Spectrum Disorder, adults deemed incompetent to stand trial for criminal sexual conduct charges, and geriatrics in hospice and palliative care, as well as memory care for adults with dementia. In addition to his work as a music therapist, Eric also teaches percussion at the Center. Eric enjoys playing drum set with a couple local bands performing blues, jazz, funk, soul, R&B, and rock n' roll! Eric is married to Kaitlin, a speech-language pathologist.

