

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

FALL 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.

This Issue of Troubadour

Come to the Land	1
Know the Franciscans.....	2
Family Hope Foundation and Center Join to Provide Services...	2
News Around the Center	2
Sister Mary Margaret Begins New Assignment	3
Fertility Education Classes	3
Once a Month Kitchen	3
From the Art Department	3
Roots Will Rock	4
4th Annual Franciscan Rhythms Trail Run/Walk.....	4
Coming in 2019.....	4

Come to the Land

Some arrive alone to walk the trails or use the Rosary Walk in silence. Some arrive by noisy busloads to attend school. Still others arrive by cars in groups of two or three to participate in a retreat, workshop or meeting. But all have one thing in common, their interaction with the land at the Franciscan Life Process Center's Lowell Campus.

Some of the youngest people to interact with the land are the children who attend the Environmental Education Program each year. Fifth graders from four area Catholic schools visit the Center for a week three times a year. On any given day, you might find them birdwatching, feeding farm animals, or tending the garden. Art class may involve using seeds, grasses, and other items from nature while social studies class incorporates orienteering as a way to learn map skills.



Environmental Education Program



Environmental Education Program

Cris Ritsema, site manager, leads student groups and groups from area parishes, churches and businesses that come to the Center to participate in a "land experience." A land experience can include anything from team building activities to pulling weeds to spreading wood chips to planting bulbs. "It's interesting to watch how certain activities speak to certain people," says Cris. "Some will push a wheelbarrow most of the day while others will spend their time pulling weeds, yet both will say how peaceful the day was."

With 230 acres to maintain, there are many tasks to accomplish. Business groups volunteer to pick apples in the fall as a way to "give back" to the community. The Franciscan Sisters hold Community workdays on the second Saturday of each month March through November, bringing individuals, families, couples, and groups to the land. Workdays can

involve planting seedlings, trimming hedges, and gathering wood from fallen trees. "While their work adds beauty to our land, there is also beauty and healing in their work," states Barb Ritsema, a member of the support staff.

Healing is also found in "Remembering with Love", a memorial service held each year for those who have suffered a loss. Families who wish to remember their loved ones with a planting gather at the Lowell campus in September.

A tree, flower, or bush marked with a plaque serves as a living memorial.

Call us to organize a morning or a day for yourself, your colleagues, school group or business. The trails, the water fountain, the gazebo, the gardens, the sounds of meadowlarks, and the smells of the freshly cut hay are waiting for you on the land of the Franciscan Life Process Center, Lowell Campus.



Community Workday Volunteer

"The ecological crisis is a summons to profound interior conversion... Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience."

Pope Francis,
Laudato Si' #217



Dear Friends,

As we move from one season into the next, I am reminded of the utter beauty of creation that surrounds us daily, no matter if we live in the country or in the center of the city. The beauty of creation is what we notice from the most extravagant tropical plant to our beloved dandelions.

The Lowell Campus of the Franciscan Life Process Center is a prime example of the rich farmland in West Michigan. Throughout our 46 years here, the Franciscan Sisters of the Eucharist have enjoyed the privilege of being stewards of the 230 acres on which we live. Currently, we enjoy and care for trails, fields, woodlots, tillable acreage, gardens, orchards, Stations of the Cross, a native prairie sanctuary, a Rosary Walk and more.

You, your family, your friends, and all who desire a simply embracing experience of beauty can enjoy this special place a half hour outside of downtown Grand Rapids. Come to the Lowell Campus, get a map and a visitor's tag and enjoy. On weekends, stop at the Sisters' house to let us know you are on the land and enjoy.

Land - a place that centers us with all creation and with God.

You are welcome!

Sister Colleen Ann Nagle, FSE

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

Know the Franciscans

Sister Christianna Hamman, FSE

Sister Christianna Hamman, FSE, daughter of Chris and Mary Hamman, grew up in Greenville, MI, where her family still resides. Her parents are both educators, and she has five younger siblings. She attended college at Western Michigan University and spent a semester in Mexico studying Spanish. Sister learned about the Franciscan Sisters of the Eucharist community as a young music student of Sister Mary Margaret Delaski, FSE

After college, Sister Christianna moved to the FSE Motherhouse in Meriden, CT, to participate in the Sisters' Land Program, a volunteer service program for young adults. "During that time, I realized I already did everything the Sisters did (prayer, work, attending Mass), but they had something more that I wanted," she explained. In 2009, she joined the Franciscan Sisters as a postulant and continued through the stages of Formation, including two years of novitiate and six years of temporary vows. During these years, Sister taught high school religion and Spanish. Sister Christianna professed perpetual vows as a Franciscan Sister of the Eucharist on August 12, 2018. She has been missioned to teach Spanish at Bishop Rice Memorial High School in Burlington, Vermont, where the Franciscan Sisters are starting a new center.



Sister Christianna trims trees

Family Hope Foundation and Center Join to Provide Services

The FLPC and the Family Hope Foundation, a local nonprofit that provides resources, activities, and funding to families of children with special needs, joined together in 2009 to provide music therapy service for West Michigan families in need.

Family Hope Foundation offers grants which provide funding for services that are not currently covered by insurance. Since music therapy is not covered by most insurances, it offers up to \$1000 per year to pay for a child's music therapy. The Center has had many music therapy clients apply and receive the full amount. Heidi Pamerleau, whose child works with Sandy Kotesky, MT-BC, states, "Music is a catalyst to reduce the mental health symptoms our children live with every minute of every day. Family Hope Foundation's willingness to offer scholarships for music therapy at the center means they continue to develop skills related to music and also to communication and socialization."

To learn more about our Music Therapy Program, go to www.lifeprocesscenter.org. To learn about Family Hope Foundation, go to www.familyhopefoundation.org.

News Around the Center

Music Therapists Kylie Chivington, MT-BC, and Lindsey Perrault, MT-BC, members of the Grand Rapids Symphony Choir, traveled with the Choir to New York in April. The Choir joined the Grand Rapids Symphony for their return to Carnegie Hall. Kylie states, "It was an exhilarating experience, getting to perform in front of my family with the GR Symphony and GR Symphony Choir, in such a historic and beautiful hall. Truly, it was an opportunity I'll never forget!" Lindsey adds, "Singing at Carnegie was a highlight of my vocal career. I'm so thankful that the Grand Rapids Symphony brought the choir along to share in the experience."



Kylie & Lindsey in New York

After serving in West Michigan for over 20 years, Sister Ann Frances Thompson, FSE, has been assigned to our new Center in Vermont where she will teach music and band at Bishop Rice Memorial High School. Sister will be back next summer to teach Carriage Driving Camps at the arena on the Lowell Campus.



Sister Ann Frances at Equest Center

The Center welcomes three new interns this fall. Counseling intern Kristin Lothschutz is a graduate student at Aquinas College in the Clinical Mental Health Counseling program. She received a Bachelor of Arts degree in Art with a minor in Developmental

Psychology from Aquinas. She is also working on a specialty in Art Therapy and hopes to work with individuals, couples, and families.

Emily Freyberger, a native of Carmel, Indiana, is completing her music therapy degree from the University of Dayton as an intern with the FLPC. Emily has worked with children and young adults with developmental disorders, dementia patients and at the Dayton Children's Hospital.

Briege Hendrick will graduate from Western Michigan University in 2019 with a Bachelor of Music Therapy degree after completing her internship with the Center. She has experience with music therapy in hospice, with adults with communication disorders, and with children.

Sister Mary Margaret Begins New Assignment

On May 21, an open house was held for Sister Mary Margaret Delaski, FSE, to celebrate her years of service in West Michigan and to wish her well as she moves to a new assignment in Bridal Veil, OR. The Franciscan Center in Bridal Veil is home to the Franciscan Montessori Earth School and Saint Francis Academy, the only accredited pre-K through eighth grade Catholic Montessori school in the nation.



Sister writes, "Forty two years ago, September 1976, as a member of a new, fledgling Franciscan Community, I moved to Michigan to attend Michigan State University to get the necessary credentialing to become a registered music therapist. Little did anyone know that the years ahead would be filled with many foundational experiences, many trials and tests, and much growth in new areas of service. Using the image of a tree, I know that the roots went deep as the years went by. Now that tree is transplanted to another Franciscan Center, to grow and develop in new and unexpected ways. In all things, I pray in gratitude for what has been, what is, and for what will be. In the words of the psalmist, I say, 'I celebrate your mighty works with songs of praise, O Lord.'"

The Sisters and staff of the Center and Sister Mary Margaret's many friends, clients, colleagues and students wish her well as she begins her new assignment.

Fertility Education Classes

SymptoPro Classes:

September 15, 29, October 13 Grand Rapids Campus
9:00-11:00 am

November 5, 19, December 3 Grand Rapids Campus
5:30-7:30 pm

January 8, 22, and February 5 Grand Rapids Campus
5:30-7:30 pm

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

Creighton Method Introduction Sessions:

October 24 Lowell Campus 7:00 pm

December 5 Grand Rapids campus 7:00 pm

January 16 Lowell Campus 7:00 pm

February 20 Lowell Campus 7:00 pm

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

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

Once a Month Kitchen 2018-2019

Once a Month Kitchen classes provide an opportunity to work with some of the Sisters or a Franciscan Lay Apprentice in a small group setting in order to learn a new skill in the kitchen.

All classes are held at the Lowell Campus. Cost is \$25 per class. Classes fill quickly; register today by www.lifeprocesscenter.org.

A Taste of Bavaria - Suppen (soup) and Apfelstrudel (Strudel) with Sister Mary Paul Moller, FSE

Tuesday, October 9, 6:30 - 8:30 pm

Harvest Pie Baking with Sister Darlene Wessling, FSE

Tuesday, November 6, 6:30 - 8:30 pm

Gluten Free Breads and Rolls with Jan Hendrick

Tuesday, December 4, 10:00 am - noon OR 6:30 - 8:30 pm

Once a Month Kitchen continues in 2019. Check online or look in the Winter 2019 Troubadour for information about these classes:

Paczki Making

Tuesday, February 26 Sister Janet Marie Bagniewski, FSE, and some of her Polish friends

St. Joseph's Day Celebration

Tuesday March 19 Sister Damien Marie Savino, FSE

Gluten Free Easter Breads

Tuesday, April 9 Jan Hendrick

A Mendicant (Dominican priests and Franciscan Sisters) Cookout

Date in May TBA Father Kevin Niehoff and the Dominican priests in Grand Rapids and Sister Colleen Ann Nagle and the Franciscan Sisters of the Eucharist

From the Art Department

Workshops - We have many excellent sessions this fall including William Schneider (portraits), Sally Strand (pastels), William Mancuso (watercolor sketchbook), Terry Miura (cityscapes), Joshua Clare (landscapes), Mark Daniel Nelson (abstracts) and Don Andrews (watercolors).

Franciscan Artists - Please join our Franciscan Artists in an open studio format every Wednesday. The hours are 9:30 AM - 3:00 PM. Cost: \$7.50 per time.

Guardian Galleries - Carole Nielsen presents her watercolors and watercolor batiks at the Grand Rapids Campus while Irene Bakhuyzer Wordhouse exhibits her abstract acrylic paintings at the Lowell Campus.

To learn more about our offerings, please go to www.lifeprocesscenter.org and click on the Services tab.

Roots Will Rock

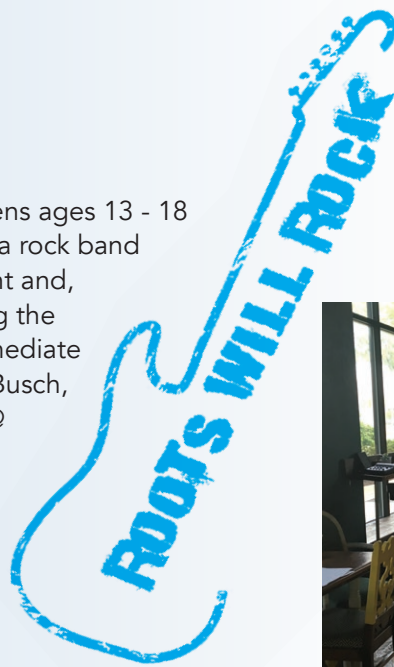
October - December

Grand Rapids Campus

Roots Will Rock is a group rock band class for teens ages 13 - 18 who have an interest in learning to play music in a rock band format. The focus is on learning a new instrument and, of course, having fun. Musical experience among the students typically ranges from beginner to intermediate and beyond. Roots will Rock is directed by Eric Busch, MT-BC. Questions? Please email Eric at ebusch@lifeprocesscenter.org.

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

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



Roots Will Rock Spring Concert

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

4th Annual Franciscan Rhythms Trail Run/Walk

Saturday, October 6, 2018
Lowell Campus

Calling all runners and walkers, adults and kids! West Michigan's most unique race, the Franciscan Rhythms Trail Run/Walk, is returning for a fourth year. Join us Saturday, October 6, 2018 for a 5K run or walk, a 10K run, and a kid's run on our beautiful 230-acre property. Seven live music stations sprinkled throughout the course will keep you entertained and motivated as you traverse our rolling hills, meadows, orchard and forest at the peak of autumn. You'll also receive a custom t-shirt showing your proud support for the Franciscan Life Process Center and our music therapy scholarship fund.



After the race, enjoy hot Franciscan stew, our famous freshly-baked bread, raffles and more live music. Register online today at bit.ly/2018trailrun

Coming in 2019

**Touched by Mercy -
a Day of Reflection for Those
Affected by Suicide**

Saturday, February 2,
10:00 am - 3:00 pm

Silent Retreat for Women

Friday, March 22, 6:00 pm –
Saturday, March 23, 4:00 pm