

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

WINTER 2019

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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Fertility Education Supports Couples and Families

The Franciscan Sisters of the Eucharist and the FLPC have promoted the use of Natural Family Planning (NFP) throughout the Center's history. "NFP education is an obvious outcome of our mission, to promote the sacredness of all life," says Sister Colleen Ann Nagle, Director. "Learning and utilizing NFP encourages couples to take the best care of the human body without using chemicals or other devices and to improve their communication skills as they make responsible decisions as a married couple based on Church teachings."

Georgia Schmitz, BSN, CFCP, RN, teaches the Creighton FertilityCare™ System and Laura Chapin, LMSW, teaches SymptoPro. The two methods are similar in several ways. According to Georgia, "Both methods follow the teachings of the Catholic Church, assisting couples to prayerfully discern family planning according to Church teaching. They both work with married couples to encourage communication and to build the marital relationship. "Both methods are more than 96% effective for avoiding pregnancy if that is the desired use," says Laura, "but either method can be used to address infertility problems also." In addition, both methods can be used to manage perimenopausal and menopausal issues.

So how are the Creighton Method and SymptoPro different? The Creighton Method tracks one biomarker, while SymptoPro tracks two or more. In addition, each method has slightly different instructional timeframes. SymptoPro consists of a three class, group format with periodic check-in afterward. The Creighton Method offers a one group introduction session with teaching done through individualized follow-up sessions.

Another element that sets the two methods apart from other NFP methods is the personal relationship that develops.

Laura says, "We are teaching a tool, but we also provide support, encouragement and follow-up on using that tool." Georgia adds, "We are all about forming real relationships with couples, unlike an app or online class.

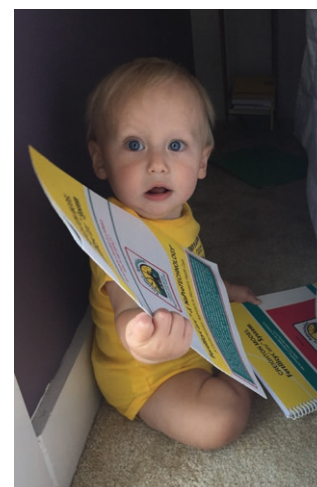
We encourage couples to check in with us after the class, whether it's now, a year from now, or five years from now."

In addition to teaching Fertility Awareness, Georgia and Laura are now offering support groups for women. **Healthy Wives, Healthy Marriages** is a group that focuses on health, fertility and building strong marriages.

Embracing Motherhood is a support group for mothers of infants and young children. Laura and Georgia are also looking at ways to reach perimenopausal women and those who have suffered infant/pregnancy loss.

When asked about the best part of their work, both instructors spoke about the value of supporting couples in their relationships. "Using NFP has so many positive benefits when a couple is committed to using it. Learning to communicate about fertility and developing additional ways to express intimacy, beyond sexual intimacy, has an impact on other areas of their lives and relationship." Georgia adds, "We see couples through many stages of their lives together, from an engaged couple through those busy child rearing years and beyond. Supporting married couples and growing families truly fits our name, the Franciscan Life Process Center."

To learn more about Fertility Education and Support, please go to www.lifeprocesscenter.org or contact Laura Chapin at lchapin@lifeprocesscenter.org or Georgia Schmitz at gschmitz@lifeprocesscenter.org.



Creighton baby holds chart

"The world calls for and expects from us simplicity of life, the spirit of prayer, charity towards all... Without this mark of holiness, our world will have difficulty in touching the heart of modern man."

Pope Paul VI Evangelii Nuntiandi: "On Evangelization in the Modern World"



Laura and Georgia



Dear Friends,

In the Spirit of the New Year, I want to thank each of you for being wonderful supporters and friends of the Center's Staff and programs.

As we launch into 2019, we continue to reach out to new areas of need while meeting the needs of increasing numbers of wonderful people who want to be involved as volunteers, experts, donors and participants in our programs and events.

With all of you as our foundation, we offer the Prayer of St. Clare of Assisi impelling us together into the months ahead.

"I bless you all that I can and more than I can, And what I cannot, I ask God to do in you."

Sister Colleen Ann Nagle, FSE

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

Know the Franciscans

Sister Mary Ann Schmitz, FSE

Sister Mary Ann Schmitz, FSE, came to Lowell in 1972 with Mother Rita Brunner, FSE, and five other sisters to found the Franciscan Life Process Center. "It was an exciting time of new beginning with the freedom to develop and expand on the land," Sister recalls. Throughout the ensuing years, she has been the



consistent steward of the land at the Lowell Campus. She helps coordinate the land-based activities, including managing the crops, animals, buildings, Eagle Scout projects and outdoor volunteer projects. "Sister Mary Ann has developed a team of experts in various areas like farming, soil science and land management that she works with to develop and maintain the land," states Sister Colleen Ann Nagle, FSE.

Sister Mary Ann's connection to the land began in the midst of the Great Depression, when she grew up on a dairy farm near Sparta, Wisconsin. Sister Mary Ann says, "We helped with the farm chores, taking care of a large flock of chickens as well as the strawberries and the large acreage of melons my father planted each year, in addition to his regular farm crops and an apiary of over 100 hives."

Sister entered the Franciscan Sisters of Perpetual Adoration in La Crosse, WI in 1948 and spent many years in teaching and school administration. In 1973, she became a founding member of the Franciscan Sisters of the Eucharist and became a council member and the treasurer of the community, positions she held until 2011.

Presently, Sister continues her work with the larger FSE community and is concentrating on organizing the materials needed to compile the history of the Franciscan Sisters of the Eucharist from 1965 to present. She enjoys driving the golf cart around the property, bird watching and working with her Eagle Scouts.

News Around the Center

Sister Lucia Treanor, FSE, and her colleague, Andrea Kaitany, both professors at Grand Valley State University, gave a Writing Workshop in June at the Catholic University of Eastern Africa in Eldoret, Kenya. The professors experienced a warm welcome from the professorial community there, and enjoyed working with masters and doctoral degree students in education and business.



Catholic University of America



Lindsey and Music Grooves student

In August, Lindsey Perrault, MT-BC, wrapped up the summer Music Therapy Grooves groups. The groups worked on social skills and being able to communicate and express themselves. Join us in 2019! For inquiries, email April Fausch-Cullum, MT-BC at afcullum@lifeprocesscenter.org.

In September, Sister Damien Marie Savino, FSE, travelled to Rome to present a paper at an "Expanded Reason" Congress co-sponsored by the Benedict XVI Foundation and the University of Francisco de Vitoria. Seeking to bring the sciences into dialogue with philosophy and theology, the conference, attended by people from all over the world, centered on the theme of who the human person is.



Sister Damien Marie awaits papal audience



Kylie works with kids at camp

The FLPC partnered with Gilda's Club to provide a music therapy experience at Camp Sparkle, a camp for children in grades one - six. Kylie Chivington states, "Our goal was to lead an interactive 'workshop' involving instruments, as well as to briefly teach some alternative coping skills for the children

on their grief journey." Using a drumming experience, a dance off, a lyric rewrite and group discussion, music was used as a catalyst for communication, movement, and self-expression.

Sarah Kelly, B.A., joined the staff this summer as our event coordinator. She has over six years' experience working with nonprofits in marketing and event coordination. The Center also welcomes two counselors. Jamie LaFleur, M.A., LPC has worked in both public and private schools as a teacher and counselor and Johanna Denton, M.A., LLMFT has been a military spouse for almost 20 years and is well versed in the unique needs of military families.

Lenten Lunches & Prayer Experiences

Wednesdays, March 13 through April 10 Noon - 1:00 pm
Lowell Campus

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. Please go to www.lifeprocesscenter.org to find the weekly menu.

On the Land

Even though Saturday, October 6 was a rather stormy day, over two hundred runners/walkers navigated the Fourth Annual Franciscan Rhythms Trail Run. Smiles and laughter abounded as they completed the course and lined up for warm stew and freshly made bread. Many thanks go to 20 sponsors, 40 volunteers, FLPC staff, and the participants and their families who made the day such a success!

Volunteer groups from area businesses and on Community Workdays helped "lighten the load" of fall chores at the Lowell Campus. Working in a variety of weather conditions from heat and humidity to a rainstorm, our volunteers performed many tasks including harvesting and processing apples, gathering seeds in the prairie, preparing the vegetable gardens for winter, and working on some construction projects. Cris Ritsema, site manager, says, "Caring for 230 acres can seem challenging at times, but as soon as an eager group of volunteers comes to help, it seems much more manageable."

The Sisters and the Center staff offer a heartfelt THANK YOU to all who volunteered!



Sister Lucia at start of Trail Run



Sister Mary Paul and April Fausch-Cullen



Volunteers help with fall clean up



Volunteers gather seeds in prairie

From the Art Director

As the Center looks forward to a new year of art workshops, Kathy Bechtel, art director, reminds us that the art department provides many wonderful opportunities for artists to grow. Kathy shares, "We prosper as people when we learn. Please remember that we accept all levels of ability, so don't ever let that hold you back from joining us."

Some of this year's highlights include "Painting Snow Scenes" Workshop with Eric Michaels and "Plants to Journals" Workshop with Sandra Hansen. Dmitrii and Tatiana Berestova from the Prosopon School of Iconology return in March. Other workshop topics include watercolor, figure painting, landscape painting, and still life painting. Please go to www.lifeprocesscenter.org to learn more.



Josh Clare workshop

Once a Month Kitchen 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 at www.lifeprocesscenter.org.

Paczki Making

Tuesday, February 26 Sister Colleen Ann Nagle, FSE and Sister Anna Rose Kalinowski, FSE and some of their Polish friends

St. Joseph's Day Celebration & Italian Pastry Making

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

Tuesday, May 14

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

Fertility Education and Support

Healthy Wives, Healthy Marriages

1st and 3rd Thursday evenings each month 6 - 7:30 pm
Grand Rapids Campus

A group for women focused on health, fertility, & strong marriages.
Cost: \$10/session or prepay \$50/quarter (6 sessions)

Embracing Motherhood

2nd and 4th Tuesday mornings each month 9 - 10:30 am
Grand Rapids Campus

A support group for mothers of infants and young children
Cost: \$10/session or prepay \$50/quarter (6 sessions)

SymptoPro Classes:

Feb. 26, Mar 12, Mar 26 5:30 - 7:30 pm Grand Rapids Campus
April 11, April 25, May 9 5:30-7:30 pm Grand Rapids Campus
May 21, June 4, June 18 5:30-7:30 pm Grand Rapids Campus

Creighton Method Introduction Sessions

February 20 7 - 8:30 pm Lowell Campus
March 13 7 - 8:30 pm Lowell Campus
May 22 7 - 8:30 pm Lowell Campus
June 12 7 - 8:30 pm Lowell Campus

To learn more about the support groups and/or the Fertility Education classes, please contact Georgia Schmitz, BSN, FCP, RN at gschmitz@lifeprocesscenter.org or Laura Chapin, LMSW, at lchapin@lifeprocesscenter.org

Roots Will Rock

Mondays, January 7 - June 3 5:30 - 7:00 pm
Grand Rapids Campus

Roots Will Rock is a rock band class for teens ages 13 - 18. Please contact Eric Busch, MT-BC, for information at ebusch@lifeprocesscenter.org. For registration information, contact Fredna Rayford at frayford@lifeprocesscenter.org or call (616) 647-5257.
Cost: \$40 per semester. New members are always welcome.

Retreats

Touched by Mercy, a Day of Reflection for Those Affected by Suicide

with Sister Colleen Ann Nagle, FSE, M.A.
February 2 10:00 am - 3:00 pm
Lowell Campus

Join us for a special day of reflection, sharing, and prayer for those who have been affected by the suicide of a loved one. The day includes lunch and Mass.
Cost: \$60 includes lunch

Rejoice and Be Glad: Living a Holy Life

A Silent Retreat for Women led by Sister Colleen Ann Nagle and the Franciscan Sisters of the Eucharist
Friday, March 15 at 6:00 pm through Saturday, March 16 at 4:00 pm
Lowell Campus

Women of all ages are invited to a silent retreat at the Franciscan Life Process Center. This retreat includes silent reflection, Mass,

Liturgy of the Hours and presentations using Pope Francis' The Call to Holiness in Today's World, which addresses ways to live a holy life.

Cost: \$250 includes presentations, room, snacks Friday evening, and continental breakfast and lunch on Saturday.

Pregnancy and Infant Loss Couples Retreat

Immaculate Hope Retreats
Saturday, May 11 9:00 am - 4:00 pm
Lowell Campus

This healing retreat is for couples that have experienced any type of pregnancy or early infant loss. The daylong retreat allows grieving parents to attend to the many aspects of their grief through prayer, group discussion, and couple dialogue with their spouse. Please check our website in February for registration information.

Troubadour

Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
11650 Downes Street NE
Lowell, MI 49331-9489

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www.lifeprocesscenter.org



Franciscan Sisters
of the Eucharist

Spark a Conversation

Banana Peels and Climate Change: A Daily Examen

Our responses to Pope Francis' encyclical *Laudato Si': Care for our Common Home* require both inner growth and outward actions. Explore these connections with us in an evening of reflection presented by Notre Dame's Dr. Philip Sakimoto and Sister Damien Marie Savino, FSE, Ph.D. Together, they will propose a daily examen of the events of each day and how that might lead to practical steps to increase our personal caring for creation. Dr. Sakimoto is an astrophysicist and the former Acting Director of NASA's Space Science Education and Public Outreach Program. Sister Damien Marie Savino is the Dean of Science and Sustainability at Aquinas College. And what about the banana peels? You'll just have to come to find out. The ticket price includes potato bar, salad and choice of adult beverages.



Dr. Philip Sakimoto and Sister Damien Marie

Date: March 21, 2019

Location:
St. Robert of Newminster Parish
6477 Ada Dr SE, Ada, MI

Time: 6:30 pm

Tickets: \$50 a person