

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

WINTER 2020

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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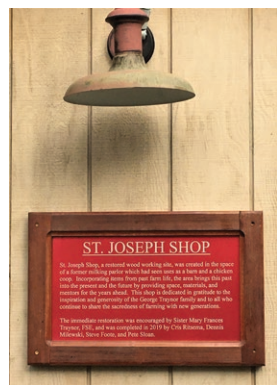
St. Joseph Workshop Opens

"Incorporating items from past farm life, the area brings this past into the present and the future by providing space, materials, and mentors for the years ahead."

(Memorial plaque in the St. Joseph Workshop)

The St. Joseph Workshop was dedicated on July 22, 2019 and is now in use. The space, which was part of the original barn that was on the property when the Sisters moved to the farm in 1972, has been used as a milking parlor, a calf barn, and a chicken coop.

Conversations about creating a woodworking shop arose when the Traynor family offered their father's tool bench and some of his tools to the Center. Sister Mary Frances Traynor, FSE, who lived at the Center in the '70's, says, "The tool bench was made from the kitchen counter that was in the original farmhouse. My dad transformed it into a workbench when the kitchen was remodeled in the late 60's and used it to build wonderful cabinets, bedroom sets, lamps and toys for our family."



dedication plaque

As conversations continued, three possible uses for a workshop developed: an educational space for individuals and groups that come to the Center; a place to repair and/or make items for the Center; and a work space for our skilled volunteers.



Steve Foote in workshop

Transforming the space into a woodworking shop began in earnest in Fall 2018. Center staff and volunteers removed the feed troughs, raised and painted the floor, and whitewashed walls. In early summer, the tools and workbench from the Traynor family arrived and were placed in the space. Since its dedication, the electricity was updated, a table saw was purchased, and a miter saw, planer, band saw, and drill press were donated.

"The St. Joseph Workshop is already doing what we had envisioned. We've made signs for our trails and repaired numerous items around the Center," Cris Ritsema, site manager, states. "The workshop also utilizes the woodworking talents of our volunteers and is beginning to create a community among them."

If you would like to learn more about the St. Joseph Woodshop, please contact Cris Ritsema at critsema@lifeprocesscenter.org.

"Let us pray for the grace to be witnesses of Christ as we reach out to each person we encounter and spread life and unity in the Church and in our world."

Mother Shaun Vergauwen, FSE
prayer intention for ordinary
time, 2019

HARPFest and Lenten Lunches Retire

It is with a bit of nostalgia that the Center brings **HARPFest**, our annual workshop for harpists and a concert for the public, to a close. For the past ten years, professional harpists from around the world have spent a day and a half at the Center, teaching and sharing their special harp style with amateur harpists desiring to improve their skills.

HARPFest grew out of the request and desire of Ed and Sandy Jackoboice that the harp "be promoted in West Michigan." Sister Mary Margaret Delaski, FSE says, "Though HARPFest as we have known it will no longer be held

each summer, the advancement of the harp is continuing through those harpists who came to study with world famous harpists each year. Through them, it will continue to grow and the beautiful music of the harp will continue to bring peace and joy for many years to come."

In a similar way, the Center's **Lenten Lunches and Prayer Experiences** have come to an end. The lunches started 15 years ago as a way to invite the public into the life of the Center by enjoying lunch with the Sisters and Center staff.

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January, 2020

Greetings of the New Year from all of us at the Franciscan Life Process Center.

As we begin a new cycle of months and activities, I want you to know how grateful we are for you and your involvement in our programs, classes, and events and for coming often to our campus in Lowell to enjoy Mother Nature in all her seasons.

We are also very grateful to you for your financial generosity. Your support is of great assistance to all those who participate in our programs and are not able to pay the full fee for the services they receive. You hold us up in a vital way on a daily basis.

We look forward to this new year with renewed anticipation as we offer Land, Music Therapy, Counseling, and Art programs that will assist, educate and inform the many individuals, families, and groups who come to the Center. Please know that you are always welcome. 2020, here we come!

Sister Colleen Ann Nagle, FSE

Sister Colleen Ann Nagle, FSE
Director

News Around the Center

In November, music therapist **Miranda Eden, MT-BC, HP-MT**, traveled to Minneapolis, MN to attend the national conference of the American Music Therapy Association. This conference enables music therapists to network, learn about new research and techniques, and provide opportunities for future music therapists to inquire about our nationally recognized internship program.



Miranda Eden

Two of our Sisters are on the move! **Sister Maria Serra Garcia, FSE**, who worked in the Finance Office of the Diocese of Grand Rapids, has been re-assigned to the Franciscan Sisters of the Eucharist (FSE) Center in Vancouver, British Columbia. **Sister Barbara Cline, FSE** has moved to the FSE Center in Burlington, VT.



Sandy Koteskey

Sandy Koteskey, MT-BC, and **Lindsey Perrault, MT-BC, NMT**, presented information about neurologic music therapy (NMT) to doctors, PAs, nurses, pharmacists, and other medical staff at the **Hauenstein Center for Neurology** at Mercy Health - St. Mary's. They shared techniques and research that assist in the recovery and neuro management of patients suffering from diseases such as Parkinson's, ALS, epilepsy or have a possible brain injury.



Lindsey Perrault

LIFEfest

SAVE THE DATE

Join us for a night to
support our
Counseling Program

06.03.2020

The Lit
61 Sheldon Ave SE
Grand Rapids, MI 49503

6P.M.

HARPFest (cont.)

Sister Colleen Ann Nagle, FSE offers a special thanks to the restaurants and the bakers who made the lunches so successful. "Thanks to their willingness to offer their time and talent, many, many people have come to the Center for a special time of community and prayer during Lent." She continues, "All good things follow a cycle or process, though, and we've decided it's time to end this one. We invite people to participate in the **Once a Month Kitchen** classes and to attend our **Spark a Conversation** Speaker Series fundraiser in March as a way to continue their relationship with us."

Once a Month Kitchen 2020

Cook with us! 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. Cost: \$35

All classes are held at the Lowell campus. Classes fill quickly. Register today at lifeprocesscenter.org

Bake Bread with your Valentine with Sister Colleen Ann Nagle, FSE

February 11 6:30 - 8:30 pm

Irish Soda Bread with Sister Colleen Ann Nagle, FSE

March 10 6:30 - 8:30 pm

Sambuza, a Kenyan Favorite with Sister Collette Maritim, FSE

Tuesday, April 21, 6:30 - 8:30 pm

Gluten-Free Pie Crust with Jan Hendrick, Franciscan Apprentice

May 5, 6:30 - 8:30 pm

Fertility Education and Support

Introduction to Natural Family Planning (NFP)

January 23 6:30 - 8:00 pm OR May 19 6:30 - 8:00 pm
Grand Rapids Campus

Are you preparing for marriage or looking into Natural Family Planning (NFP) options? This one-time session covers the basics of how Natural Family Planning (NFP) works and will highlight the differences between methods. Pre-registration is required. Please contact Laura Chapin at Ichapin@lifeprocesscenter.org.

Both **Creighton Method Introduction** sessions and **SymptoPro** classes are scheduled in the coming months. Please go to www.lifeprocesscenter.org to learn more.

Our **Tuesday morning support groups** have ended for now. Please check our website or contact Georgia Schmitz, BSN, FCP, RN at gschmitz@lifeprocesscenter.org or Laura Chapin, LMSW at Ichapin@lifeprocesscenter.org to learn more about other Fertility Education and Support offerings.

Did You Know?

The Franciscan Sisters of the Eucharist (FSE), a Community of Religious Women, was founded in 1973 and now has 13 centers in the US, Italy, the Holy Land and Canada.

Currently, the community is made up of 80 sisters including 9 Sisters in formation and two postulants.

The Sisters moved to Grand Rapids in 1971 and obtained employment in the fields of health care, education, housekeeping, and the visitation of the elderly while getting to know the people of the Grand Rapids area. Sister Barbara Cline, Sister Darlene Wessling, and Sister Mary Ann Schmitz were among the first group to live here.



Sisters in Chapel in Meriden CT



Summer meeting of Franciscan Sisters of the Eucharist

Know the Franciscans

Sister Bernice Blaha, FSE, BS

"Each place has its own beauty," says Sister Bernice Blaha, FSE, BS as she reflects on the many places she has lived during her 70 years as a sister. Born into a family of six children on a farm in western Wisconsin, Sister Bernice entered the convent after high school and became a teacher. After teaching elementary school for several years, she studied pharmacy at Creighton University School of Pharmacy in Nebraska because there was a need for pharmacists to work in the hospitals run by her order. Sister Bernice worked as a hospital pharmacist in Wisconsin, Oregon, and Idaho and at Detroit Henry Ford Hospital before arriving in Lowell in 1990. She worked at St. Mary's Hospital, now Mercy Health St. Mary's, for 12 years before retiring. "I always loved the hospital environment and supporting those caring for the sick," she says.



Sister Bernice is a founding member of the Franciscan Sisters of the Eucharist and used to enjoy reading, roller skating, hiking, and biking in her free time, but now she appreciates having more time for prayer and reflection. She says, "An important part of my life is spending time in the chapel in the special presence of God. I feel I'm called to be a spiritual dynamo, a generator that supplies energy to the Sisters and staff who go out to witness the love of God to each person they meet, to show them their dignity and God's love through our work with them."

From the Art Department

Join us for a **Sketch Session** every other Monday from 9 am-noon and/or come on Wednesdays from 9:00 am-3:00 pm to work with the **Franciscan Artists**. Crafters are welcome to join the **Franciscan Friends** on Fridays from 9:00-noon to make beautiful items for area charities.

Our **workshop season** starts in February. We begin with two workshops by Kathleen Mooney followed by two workshops on Icon writing and painting garments in March. The year continues with workshops on a wide variety of topics including oil, acrylic, watercolor, mono-printing, and encaustic.

To see a complete list of our offerings, go to www.lifeprocesscenter.org and click on Services. If you have questions, please contact Kathy Bechtel at kbechtel@lifeprocesscenter.org



Workshop participants



Douglas Fryer

Retreats

Touched by Mercy, a Day for Those Affected by Suicide

February 8, 10:00 am - 3:00 pm

Lowell Campus

Join Sister Colleen Ann Nagle, FSE, MA and Father Ron Hutchinson, MA for a special day of reflection, sharing and prayer for those who have been affected by the suicide of a loved one. Lunch and Mass included. Cost: \$60. Please go to touchedbymercy2020.eventbrite.com to register.

in the midst Infertility Support Retreat

March 7, 10:00 am - 3:00 pm

Lowell Campus

Have you experienced difficulty getting pregnant or repeated miscarriages? Join us for a full-day retreat for couples who have been unable to conceive, couples who have experienced pregnancy loss, and those struggling to add more children to their families. Cost: \$80. Please go to inthemidst.eventbrite.com to register. Questions? Contact Laura Chapin at Ichapin@lifeprocesscenter.org.

Updating Our Mailing List

We know life changes. Do you no longer wish to receive the Troubadour?

Please go to registrar@lifeprocesscenter.org or call 616-897-7842, give us your name and address, and we will update your records.

Thanks!

Coming This Summer!!!

Summer Groovin' Groups

Music therapy groups for children with special needs

Grand Rapids Campus – 8 consecutive weeks beginning the week of June 8th (day & time TBD)

Groups will use fun and motivating interventions to work towards therapeutic goals such as social interaction and communication. Parent participation is welcomed! Two age groups offered: young kids, ages 5-9 and teens, ages 10-17.

Cost is \$160 for the program; partial scholarships are available. Contact Sandy Koteskey at skoteskey@lifeprocesscenter.org to enroll or for more information.

Day Camps:

Integrated experience of the natural world for children ages 8-12 with Sister Mary Paul Moller, FSE

Lowell Campus – 9:30 am - 1:30 pm

Native America Art

June 24 - 26

Join us as we explore and create works of art in the Native American Tradition.

Life on the Trail

July 29 - 31

Explore the largest voluntary migration in US history, the Oregon Trail.

Butterflies in the Prairie

August 5 - 7

Identify and learn about this most interesting pollinator in our reclaimed prairie.

Cost: \$125 To register, please go to www.lifeprocesscenter.org.



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



Fr. Michael Lasky,
OFM Conv.

Keynote: Fr. Michael Lasky, OFM Conv.
with a response by Sister Damien Marie
Savino, FSE, Ph.D.

Date: Thursday, March 12th, 2020

Location:

Albertus Magnus Hall of Science
1700 Fulton St East
Grand Rapids, MI

Time: 6:30 pm

Tickets: \$50 (light dinner included)

Join us to support our Land Program as we explore the connection between work and dignity!

The Franciscan Life Process Center is committed to maintaining a 230-acre sanctuary that offers a safe environment for individual and communal enjoyment, education, and exploration. Our Franciscan Land Program, by providing opportunities for persons of all ages to explore and work on our small working farm, restored prairie, gardens, trails, and orchard, has helped many gain an understanding of the value of caring for the natural environment. It is our hope and desire that those who experience time on our lands will come to share in our uniquely Franciscan approach, which recognizes the importance of connecting with nature as a path to enhancing the basic goodness within each person.

Proceeds from the fundraising event support the Franciscan Life Process Center's Land Experience Program and will be used to make eco-friendly improvements at the center.

For tickets go to: sparkwork2020.eventbrite.com