

Two Locations. One Mission.



Grand Rapids Campus
654 Davis Street NW

Franciscan Life Process Center

Lowell Campus
11650 Downes Street

SPRING TROUBADOUR 2021

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.

Unlock your potential at the FLPC

From Sister Colleen Ann Nagle, Director:

"Have Courage to look ahead," Pope Francis, *Angelus*, Oct. 23, 2016

As we move deeper each day into 2021, we are challenged by the words of Pope Francis. The Sisters and staff invite you to be part of our excitement as we look ahead to the coming Spring, Summer and early Fall with the possibility of more people being vaccinated each day, more activities being held in safe and appropriate ways and more opportunities for people to be together.

The Franciscan Life Process Center Staff specializes in unlocking the potential of individuals in whatever way we work with them, which enables growth in self-awareness and self-confidence and increases the ability to have clarity about how to improve their lives. Learn more about each program by reading below and visiting us at both our campuses during 2021. Together, let's "look ahead"!

Art Department

"There is an artist hiding within all of us - an artist that only sees possibilities and yearns to create. Come and awaken the potential within you creatively!" invites Kathy Bechtel, Art Director. "The FLPC offers 15 workshops this summer that can teach you in any media and any style." Go to www.lifeprocesscenter.org and click on Hands on Learning.

Counseling

The Center's eight counselors continue to respond to the needs of people who request our services. Laura Brandt, MA, LLP, states, "We work in person and virtually to meet the needs of those affected by anxiety, depression, family issues, trauma, grief and relationship difficulties." The Center also serves eight Catholic Schools on a part-time basis to support the needs of children and their educators and is committed to conquering fear by unlocking the inexhaustible potential of each child and family. Contact Laura at lbrandt@lifeprocesscenter.org or call 616-897-7842.

Music Therapy

Those who encounter the music therapy program can enroll at any time, with any need. Sandy Koteskey, Director of Music Therapy Program says, "The benefit of this process is that it is full of potential. Our music therapists meet clients exactly how they come to us and through the use of customized music, their fullest potential can be revealed." Contact Sandy at skoteskey@lifeprocesscenter.org or call 897-7842.

Fertility Education

The Fertility Education Department now offers *Living in the Midst*, a monthly support meeting for women dealing with infertility. The meetings are coffee shop style with a casual atmosphere yet confidentially and professionally facilitated. "We are providing an opportunity for women to come together to support one another through the difficulties of dealing with infertility," says Fertility Education staff member Georgia Schmitz, BSN, CFCP, RN. To learn more, please contact Georgia Schmitz at gschmitz@lifeprocesscenter.org or call 616-822-6347.

Land

Hope Network and the Franciscan Life Process Center continue their three year partnership. Individuals from Hope Network come to the Center weekly to assist in custodial and housekeeping tasks. Cris Ritsema, Site Manager, says, "It's a win-win. Hope Network workers learn valuable work and social skills, while we receive help with extra duties." Hope Network workers commented that they are happy to build their skills and to give back to the community. To learn more, contact Cris Ritsema at critsema@lifeprocesscenter.org or call 897-7842.



Get involved at the FLPC

For those who enjoy getting their hands dirty and working outside, the Center has now has three ways to volunteer:

Volunteer Days, including "First Days of Summer," "Preparing for Memorial Planting," and "Apple Picking," provide an opportunity for adults to help out with seasonal tasks on the land. Go to www.lifeprocesscenter.org and click on "Get Involved."

Community Workdays, generally held the second Saturday of the month from April - November from 9:30 - noon, give people the opportunity to work with the Sisters, Franciscan Apprentices and other volunteers on projects on the land. Workdays are followed by a community lunch. Go to www.lifeprocesscenter.org and click on "Get Involved."

Individuals and groups are encouraged to contact Cris Ritsema at critsema@lifeprocesscenter.org or call 616-897-7842 to schedule other volunteer opportunities that meet their needs.



Coming Events!

To learn more about these offerings and our other services, please go to www.lifeprocesscenter.org



Community Workdays

June 12
August 14
September 11

Summer Experiences for Children

June 7 - Nature Crafts for Kids
June 10 - Earthmovers: Black Gold (Worms)
June 14 - Pioneer Days
August 9 - Bubbles and Water

Volunteer Days

June 21 - First Day of Summer
August 26 - Preparing our Memorial Plantings
September 23 - First Days of Fall
October 7 - Apple Harvest

Art Workshops

May 20 - Stephen Duren-Plein Air Epiphany
June 3 - Larry Blovits-The Importance of Light
June 3 - Zhaoming Wu-Painting the Clothed Figure with Zhaoming Wu
June 7 - Tom Lynch - Zoom Series 1 Virtual Watercolor
June 10 - Gage Opdenbrouw-Landscape and Memory
June 10 - Katie Dobson Cundiff-"Apuntes" Oil Sketches en Plein Air
June 22 - Stan Miller-Painting the Portrait and Landscape in Watercolor
June 24 - Dave Santillanes-Capturing the Atmosphere

Fertility Education

May 20 - Introduction to Natural Family Planning (NFP), Grand Rapids Campus
July 14 - Introduction to Natural Family Planning (NFP), Grand Rapids Campus
Aug 9 - Creighton Model Introductory Session 7 pm Lowell Campus
Sept 20 - Intro to Natural Family Planning (NFP), Grand Rapids Campus
October 4 - In the Midst Infertility Support Series begins, Grand Rapids Campus

Music Department

June 7 - Summer Semester for Music Lessons begins (10 lessons)
Aug 23 - Fall Semester for Music Lessons begins (16 lessons)

Music Therapy



June 9 - Summer Groovin' Groups for children with special needs begins (10 weeks), Grand Rapids Campus

To see art workshop schedule for July/
August, go to www.lifeprocesscenter.org
and click on "Hands on Learning"

Troubadour

Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
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www.lifeprocesscenter.org



7th Annual Franciscan Rhythms Trail Run & Walk

Saturday, 9am
October 2nd, 2021

Offered Virtual and In person



The FLPC provides music therapy to many members of the West Michigan community. As well as our partnerships with schools, healthcare organizations, and hospices, individuals come to our Center for one on one services. Many of our clients receive a variety of therapies, including physical therapy, occupational therapy and speech therapy. Families often need help with the financial burden as music therapy is not yet generally covered by medical insurance. Our fundraising goal for this year is \$30,000 which will ensure that we can provide Music Therapy access for all.

In the Midst Infertility Support Series

Have you been experiencing infertility? Have you had difficulty getting pregnant or repeated miscarriages? Join us for our professionally facilitated three-part series designed specifically for couples struggling with the effects of both primary and secondary infertility.

October 4, 2021 7-9pm **Grief and Loss** in the Midst of Infertility
November 1, 2021 7-9pm **Strong Marriages** in the Midst of Infertility
December 6, 2021 7-9pm **Fruitfulness** in the Midst of Infertility
Cost: \$85/couple Go to <https://inthemidst2021.eventbrite.com>

Summer Experiences for Children

During the summer months, the Franciscan Life Process Center offers Nature experiences for children ages 8 – 12 led by Sister Mary Paul Moller, FSE. Camps include **Nature Crafts for Kids**, June 7– 9; **Earthmovers: Black Gold (Worms)**, June 10 – 11; **Pioneer Days**, August 9 – 12. Go to our website www.lifeprocesscenter.org and click on Hands on Learning.

