

Two Locations. One Mission.

Grand Rapids Campus
654 Davis Street NW



Franciscan Life Process Center

Lowell Campus
11650 Downes Street

1991 Celebrating **30 YEARS** of Unlocking Potential 2021

Dear Friends,

This fall, the Franciscan Life Process Center (FLPC) begins a year-long celebration of its 30th Anniversary providing Music Therapy/Education, Counseling, Art and Land Experiences to people throughout West Michigan, and I delight to share with you throughout this newsletter where we have been and the ways we are moving forward.

It is always important to be grateful for all that happened in the past 30 years, and I offer a sincere THANK YOU to all of you who have been with us, who have supported us in any way, and for all of you who currently participate in our programs. With that said, and most significantly, we also need to share with you that we have new and exciting growth and development happening.

As we move forward, always focusing on the sacredness of each human person and their limitless potential, we will continue to deepen and expand our services to meet the increasingly complex needs of the individuals, families, and communities in the world today.

Please stay in touch and know that you are always most important to us.

Sister Colleen Ann Nagle, FSE

Sister Colleen Ann Nagle, FSE
Director

Dear Friends of the Center,

For the 30th Anniversary theme of "Unlocking Potential," it is easy to see how everything we do here unlocks the potential of every individual. I really see the Franciscan Life Process Center as a place that nourishes the well-being of the whole individual: spiritual, emotional, physical and intellectual, through our various program offerings.

Since starting my new position here, I have made it part of my daily routine to start my day by walking the trails of the Lowell Campus, experiencing silence, and connecting with my Creator in a new way. I like to believe that this practice has been unlocking my potential in a very transformative way. Rather than starting my day by sitting down at my desk stressed from my commute, I have a sense of peace and gratitude. This spirit carries forth throughout my entire day, even when I am at home with my family and back in the noise of family life.

I have had many conversations over the past few weeks with generous donors about what they love about the Franciscan Life Process Center. I have also had many conversations with people in the community who are not donors but have attended retreats or other programs here. For many, at the top of the list is the sense of "peace" that is hard to describe. I am sure a lot of it has to do with the location and how we are wired to experience the natural world. I am also sure that having Christ present in the Eucharist at several locations on the property helps as well. Regardless, it is immediately obvious that the presence of God permeates the air here, which is the true source of unlocking our potential.

If it has been awhile since you have been to the Center, I invite you to come spend some time here and see what potential you have that is waiting to be unlocked.

Jonathan R. Hicks
Jonathan Hicks, MPA
Development Director

TROUBADOUR

FALL 2021

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.



"Let us care for one another and let us be loving custodians of creation."

Pope Francis March 2013

The Land

The land has been a constant throughout our 30 years and is an essential part of our programs and who we are. From the preschool program, 1991-2011, where children listened to animal heartbeats with stethoscopes, to today's Environmental Education program where fifth graders from local Catholic schools spend a week three times a year, the land is an integral part of the Center and is incorporated into many programs and events. In addition, individuals, couples, and families often visit the land to walk the trails, the Rosary Walk, and the Stations of the Cross.

"I have gone out to the Center on several occasions over the last two years, primarily to walk the trails looking for the various birds that either nest for the season or are merely passing through on their migrations. Even on those occasions when I haven't seen much bird activity, I still enjoy the peace of walking through nature and possibly finding a wildflower and a tree I don't recognize."

-Jon Rauch, birder

"When working with children, I sometimes bring them to the farm to interact with the animals. Research has shown that animals are significant in the overall development of children. Through animals, children learn about social interactions, boundaries, and responsibility. They also can relieve some of the tension and anxiety of therapy."

-Sister Mary Paul Moller, FSE, LMFT, LPC, RPT-S, therapist

Counseling

Sister Colleen Ann Nagle, FSE began counseling services in 1985 when she met clients in the rooms above Franciscan Heritage Foods in Ada, MI. She then brought those services to the Center when it opened. Over the years, our counselors have also led parent and teacher education classes and assisted in crisis management. Today, our staff of nine clinical therapists work in eight Catholic schools and provide services for private clients throughout West Michigan.

"St. Charles School is very blessed to have Sister Mary Paul Moller, FSE in our building once a week. Our students and teachers look forward to her weekly visits, and we are grateful for the one-on-one opportunities that some children have with her."

-Margaret Karpas, principal, St.Charles Borromeo Catholic School

"As a focal point on the northeast side of Grand Rapids, our parish, Saint Isidore the Laborer, draws those who are seeking spiritual, emotional, and sometimes even psychological answers. I meet with those who knock on our door, and I then confidently recommend those who need additional counseling to Sister Colleen Ann Nagle and her associates at the Franciscan Life Process Center."

-Rev. Msgr. Edward A. Hankiewicz, Saint Isidore the Laborer



Music Therapy

The music therapy program has evolved from a small music lesson studio in Ada to two facilities in Lowell and Grand Rapids. What began as a program for children with autism has now become a fully staffed program with six board certified therapists who provide music therapy in schools, eldercare, hospitals, hospice care and group homes across eight surrounding counties. As well as our community partnerships, we provide therapy on an individual basis for children and adults with varying needs.

"Music Therapy is a tremendous benefit to the residents. Eric does such a phenomenal job of keeping them active and engaged and encouraging them to play and participate. Music Therapy is a very important piece of the programming we offer on the memory care unit and is among the most enriching to the residents."

-Nicholas Wahl, a Life Enrichment Coordinator at Sunset Manor

Art

The support of art and artists has been an integral part of the Center since it opened. From our first art director, Sandy Jackoboice, to our current director, Kathy Bechtel, artists have come to the Center to create, to teach, to learn and to support one another.

"Of course the venue, the staff, and the instructors are exceptional, and the grounds are so peaceful and beautiful, but having this kind of environment to learn in and enjoy the company of other artists is what makes the Center so unique. It is truly like attending a retreat with the added bonus of learning about art."

-Amy C., artist

Grand Rapids Campus

In 2011, the FLPC brought its mission into the city by opening a satellite campus at Sacred Heart School. A year later, the Grand Rapids Campus opened its doors at 654 Davis St. NW on the third floor of the Basilica Center. This new location enabled the FLPC staff to serve more clients in West Michigan by expanding its services into the heart of the city.

"It is an immense privilege to host the Franciscan Life Process Center-Grand Rapids Campus in the Basilica Center. Knowing that we are a small part of serving the needs of so many in West Michigan makes us feel that the Basilica of St. Adalbert faith community is sharing in the work and mission of the Franciscan Sisters of the Eucharist. May God continue to bless the work of the Franciscan Life Process Center, the Franciscan Sisters of the Eucharist, their staff, and their clients for years to come."

-Very Rev. Ronald D. Hutchinson, Rector, Basilica of St. Adalbert



Fertility Education

The Franciscan Sisters of the Eucharist and the FLPC have promoted the use of Natural Family Planning (NFP) throughout the Center's history. In the last five years, the Fertility Education staff have educated over 200 couples about the use of natural methods of fertility awareness as well as supplying ongoing support to current couples.

"My husband and I LOVE using the Creighton model, and we know we will be Creighton-users for life! It has helped us grow closer knowing where I am in my cycle, and my husband does the charting which helps us feel like a team!"

-a Creighton Couple

"Several of our engaged couples have learned about NFP through the Franciscan Life Process Center. They have all remarked on how eye-opening it was and how much they learned. It is a valuable component to their marriage preparation, and we're grateful that this resource is available to our couples."

-Rev. Bill VanderWerff, St. Luke University Parish

Environmental Education Program

The Environmental Education Program brings fifth graders from six area Catholic schools to the Center for a week three times a year. On any given day, students may be found feeding the cows or goats, looking for animal tracks on the trails or creating artwork from items found on the land.

"Thank you for this awesome week. My favorite part was the hike to Peter's Woods! The best part was walking across the corn field. We even saw a few fox holes."

-fifth grader

"My favorite part was going to the barn and feeding the cows, goats, chickens and bunnies. I can't wait to come back."

-fifth grader

"Our daughter has had a fantastic experience! We loved getting the daily reports about what she learned and what Pico, the therapy dog, was up to!"

-parent of fifth grader



Franciscan Rhythm Trail Run

This fall marks the seventh year for the Trail Run which brings people together at the Lowell Campus rain or shine to support our Music Therapy program. This year's fundraising goal is \$30,000 which will be used to assist in covering the costs for clients throughout West Michigan.

"Having run in the trail run several times myself, I can say first hand that it is a delightful experience from start to finish, whether you run or walk: the beauty of the trails, the camaraderie and friendliness of those participating, the musicians spurring you on just when you begin to tire, and finally the wonderful smells and tastes of the stew and fresh bread that await when you cross the finish line. It is a joyful community experience and a wonderful way to spend a Saturday morning in October."

-Sister Damien Marie Savino, FSE, Ph.D

Volunteers

Volunteers are vital to the FLPC. Groups from area schools, colleges, and businesses frequently help with outdoor projects. Individuals and families join us for Community Workdays and Volunteer Days. Others assist with our events and still others come as individuals according to their own schedules.

"At FLPC, we are able to volunteer as a family, which is such a unique gift! We have four children, 2, 4, 11 and 13. Even our youngest ones are given the opportunity to contribute, which helps to build their confidence. They are not seen as a hindrance! When they need a little break, there is always a farm animal to run and see or space for them to run around and burn off some extra energy."

-Clive and Amy Pereira

2021-2022 Advisory Board

Advisory Board members provide advice and support to the Sisters and the staff of the Center. They lend their experience and insight, bringing a community- wide perspective to the Center.

Regan Doyle	Sister Anna Rose Kalinowski, FSE
Sam Parks	Sister Margaret Dahl, FSE
Jim Ens	Sister Damien Marie Savino, FSE
Juan Olivarez	Sister Colleen Ann Nagle, FSE Director
Bryan Heffron	Jonathan Hicks, Development Director
Karen Thrun	
Shelley Irwin	
Tom Nobel	

"It was almost 30 years ago that I drove down the quiet dirt road and arrived at the stoic brick building surrounded by a haze of sunshine and the Holy Spirit. My life was forever changed for the better. As an emeritus member of the Advisory Board, I witnessed lofty goals and challenges with the Center over the years. Yet the Sisters looked to Jesus, smiled, adapted, innovated and trudged forward in victory."

-Karen Thrun





Community Workdays

October 9

November 13

Community Workdays will return March 12, 2022

Fertility Education

August 31 - SymptoPro NFP Class begins, Grand Rapids Campus

September 20 - Intro to Natural Family Planning (NFP), Grand Rapids Campus

October 4 - In the midst Infertility Support Series begins, Grand Rapids Campus

Music Department

October 2 - Franciscan Rhythms Trail Run/Walk

October 19 - Adapting and Thriving: Therapeutic Session for Parents of Children with Special Needs, Grand Rapids Campus

December 14 - Christmas Music Program

December 17 - Fall Music Lesson Semester Ends

January 3 - Winter Music Lesson Semester Begins (20 lessons)

Volunteer Days

September 23 - First Days of Fall

October 7 - Apple Harvest

Volunteer Days will return April 29, 2022

Art Workshops

September 16 - Stan Kurth-Mix It Up on Canvas

October 20 - Douglas Fryer-Composition: Structure, Unity and Variety

October 28 - Jim Johnson-Watercolor: Stuff to Think About

October 28 - Thanasi Papapostolou-Relief Sculpture

November 4 - Susan O'Neill-The Expressive Figure: Drawing the Human Spirit

November 4 - R. Liberace-Exploring Drawing/Painting from the Classic to the Contemporary

Troubadour

Franciscan Life Center Network, Inc. dba

Franciscan Life Process Center

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7th Annual Franciscan Rhythms Trail Run & Walk

**Saturday, 9am
October 2nd, 2021**

Offered Virtual and In person



The Franciscan Life Process Center provides music therapy to members of the West Michigan community. This includes partnerships with schools, healthcare organizations, hospices, and individuals who come to our Center for one on one services. Many of our clients receive a variety of other therapies. 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

Join us for our professionally facilitated three-part series designed for couples struggling with the effects of both primary and secondary infertility.

Oct. 4, 7-9 pm **Grief and Loss** In the Midst of Infertility

Nov. 1, 7-9 pm **Strong Marriages** In the Midst of Infertility

Dec. 6, 7-9 pm **Fruitfulness** In the Midst of Infertility

Go to inthemidst2021.eventbrite.com for more information.

Adapting and Thriving

Counselor Emily Andersen, LMSW, and music therapist April Fausch Cullum, MA, MT-BC, offer *Adapting and Thriving*, a therapeutic group for the parents of children who have special needs on October 19 6:30 - 8:30 pm.

Please call 616-647-5257 to register or email eandersen@lifeprocesscenter.org or afcullum@lifeprocesscenter.org