

# Unlock Your Potential

**Grand Rapids Campus**  
**654 Davis Street NW**



**Franciscan Life Process Center**

**Lowell Campus**  
**11650 Downes Street**

## FLPC Announces New Director

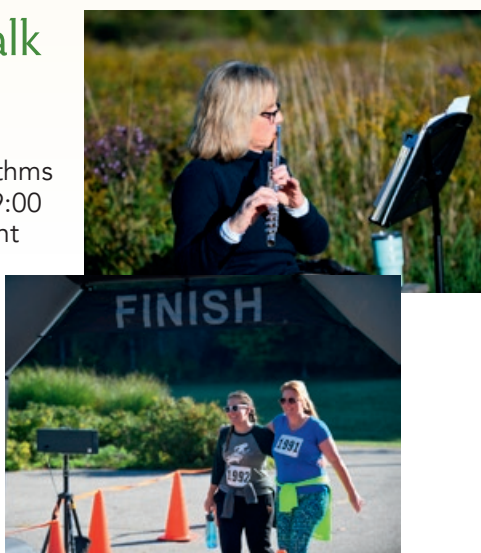
Sandy Koteskey, director of the Franciscan Life Process Center (FLPC), recently announced that Sister Jeanne d'Arc Paquette, FSE, BA, MA will be appointed the development director and the music therapy director at the Center. Sandy says, "I am thrilled to have Sister Jeanne d'Arc join us. As a fellow musician trained on the French horn, Sister Jeanne d'Arc's passion for music and music therapy and her proficient skill set for administrative processes is a wonderful addition to our staff." In her work as development director, Sister will work closely with Sister Colleen Ann Nagle, FSE, MA, LPC, executive director, to foster new relationships in the community, plan events, and further share the mission of the Center with the next generation.



## 9th Annual 5k Trail Run/Walk on October 7

It is time again for the annual Franciscan Rhythms **5k Trail Run/Walk and Kids Run!** Join us at 9:00 am at the Lowell Campus for this special event that supports our Music Therapy program by providing financial assistance for families in need. Runners and walkers will enjoy music from Paddy's Cure and other musicians stationed throughout the course.

To help us reach our goal of \$30,000, we invite you to run, become a sponsored runner, or be a walker. Go to <https://runsignup.com/trailrun2023>



## Art Program Announces Addition of New Workshop Format

For the 2023/2024 workshop season, Kathy Bechtel, art director, is adding a new workshop format. Two workshops will be offered over a three- or four-week period rather than on consecutive days. Kathy says, "While our current workshops, offered on consecutive days, has been very successful, we've decided to try something a bit different."

Artist/instructor Margo Burian, who will lead one of the workshops adds, "The nature of meeting several times within a three- or four-week period affords the students time to assimilate the information, practice techniques, and really have a deeper experience with the process of making art. Often by meeting weekly, students also get into the 'habit' of making time for pursuing creative processes."

Margo Burian, Acrylic 3 Session Class will be offered March 4, 11, 18 from 9:30 – 1:00 pm. M. Joy Lemon, Classical Drawing will be offered April 8, 15, 22, and 29 from 1:00 – 5:00 pm. To learn more about the art workshop schedule, please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) and click on Hands on Learning.



Painting by Margo Burian

## TROUBADOUR

FALL 2023

Dear Friends,

As the days grow shorter and vibrant colors illuminate our backyards, we are reminded of one consistent theme of our lives: change. It is the one guarantee! But remember, change at the FLPC provides exciting opportunities to grow with new staff and new programs.

The Franciscan Sisters of the Eucharist emphasize the importance of being in the community, side by side with each person to help them reach their fullest potential. Whether that be through music therapy services, counseling, art workshops, or working directly on the land, we continue to strive to provide new opportunities for people to embrace change and growth in their lives.

With your continued support and feedback, we can respond to your needs and share the Sisters' mission throughout West Michigan.

In faith together,

Sandy Koteskey  
Director

### 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.*



# Volunteer/Retreat Groups Visit the Center

Students from **Muskegon Catholic Middle School/High School** volunteered at the Lowell Campus to earn service hours. They assisted with spring cleanup in the gardens.



In May, the **staff of Ludington Area Catholic School** held a retreat day at the Center. The day included presentations, Mass, and time for private prayer on the trails, the Rosary Walk and the Stations of the Cross. A few weeks later, the **eighth graders** visited the Center for a time to prepare for their transition to high school.



Eighteen youth from **St. Robert of Newminster Parish** volunteered at the Center this summer where they weeded, lined the pine woods trails with logs, and mulched the rain garden.

If you are interested in bringing a group to the Center, please contact Ashley Strobel at [astrobel@lifeprocesscenter.org](mailto:astrobel@lifeprocesscenter.org) or call 616-897-7842.

# Franciscan Sisters of the Eucharist Receive Second Grant

The Franciscan Sisters of the Eucharist received a second grant from the **Sacred Heart Charitable Foundation** for \$50,000.



Last year's grant of \$50,000 was used to fund "*Praise Be to You, Educating for Laudato Si'*," a website that provides educational modules that offer hands-on, practical land experiences for various age groups. Grant funds were also used to further the development of the Laudato Si' Sanctuary and the Environmental Education Program at the Lowell campus.

This year's grant will be used to increase awareness of the website and to train people to use the modules. "There is a real need for the principles of *Laudato Si'* to be articulated and put into practice in the education of young people," states Sister Damien Marie Savino, FSE, Ph.D., the director of the project. "We want this website to be of service to parish staff and Catholic educators throughout Michigan and the US." Grant funds will also be used to renovate the yurts on the Lowell Campus for use as potential classroom and rental space.

To learn more about *Praise Be to You, Educating for Laudato Si'*, go to [praisebeyou.org](http://praisebeyou.org)

# Counselors' Corner with Johanna Denton, MA LLMFT



**Prepare/Enrich**, a pre-marital assessment tool, is used with couples who are dating or engaged. By using this tool, couples can identify their areas of strengths and areas of potential growth. As a facilitator, I guide them through the program which helps them to strengthen their bond, increase healthy communication, and learn how to engage in conflict resolution. This program has a great deal of research behind it and aligns with Catholic values. Couples go home with a personalized report and a workbook, not to mention a sense of peace as they move forward toward marriage.

# News Around the Center

• **Trevor Johnston** served as an intern in the Land Program during the summer months. Trevor is pursuing a MS in anthrozoology from Canisius College in Buffalo, NY. His internship at the Lowell Campus was the capstone experience for his graduate program.

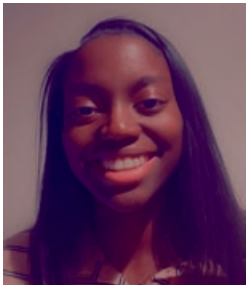


• Twenty high school students from the **Notre Dame Summer Scholars** program at the **University of Notre Dame** visited the Lowell Campus in July to learn about Sustainability. The students



were introduced to the way the Franciscan Sisters of the Eucharist grow sustainable food by preparing and eating it. They also explored sustainability projects on the land like the Laudato Si' Prairie and the rain garden.

• The Center staff welcomes music therapy intern and Grand Rapids native **Shanelle McGinnis**. She is a student at Western Michigan University and will graduate in 2024.



• **West Catholic High School** recently announced that **Sister Frances Zajac FSE, BS, MS** is the new assistant principal at West Catholic High School. Sister Frances taught science for 22 years in Meriden, CT and most recently was a campus minister at Duke University.

• **Casey DeBruyn** continues her counseling internship by working in area Catholic schools this fall. She will receive her master's degree in counseling from Western Michigan University in December.



# *Unlock Your Potential*

## **A YEAR IN REVIEW • 2022–2023**

### **Land**

Rental Space Events: 95

Environmental Education  
Participating Schools: 5

### **Music Therapy**

Contract Sites: 27

Clients Per Week: 40

### **Counseling**

Clients: 511

### **Fertility Education**

New Clients: 28

Client Follow-ups : 76

### **Art**

Art Workshops: 47

Attendees: 470

**Staff:** 28

**Volunteer Hours:** 2463

#### **Counties We Serve:**

Allegan, Barry, Kent, Lake, Mecosta,  
Montcalm, Muskegon, Newaygo, Oceanna,  
Osceola, Ottawa

#### **Schools in Environmental Program**

All Saints Academy  
Assumption of the Blessed Virgin Mary  
Immaculate Heart of Mary  
Our Lady of Consolation  
St. Patrick, Parnell

#### **Schools Who Receive Counseling Services**

Assumption of the Blessed Virgin Mary  
Holy Spirit  
Immaculate Heart of Mary  
Sacred Heart Academy  
Our Lady of Consolation  
St. Charles  
St. Paul the Apostle

### **Contracts Served by our Board-Certified Music Therapists**

Lincoln Developmental Center  
Lincoln School  
Pine Grove Learning Center  
KC Oakleigh  
South Godwin Elementary  
West Godwin Elementary  
North Godwin Elementary  
Greenridge Elementary  
Sunset of Jenison  
Covenant Living of the Great Lakes  
Mission Point of Grandville

Harbor House Ministries  
Porter Hills Retirement Village  
Green Houses of Porter Hills  
Georgetown and Cambridge Manors  
Clark Retirement Community  
Maple Ridge Manor  
Dominican Sisters – Grand Rapids  
Barry County Mental Health  
The ARC of Allegan  
PACE Care Resources  
Spectrum Community Services

Yorkshire and Stonebridge Manors  
Network 180: Arbor Circle  
Corewell Health Hospice – Counties of: Kent, Lake, Mecosta,  
Montcalm, Muskegon, Newaygo, Oceanna, Osceola, Ottawa  
Lowell Public Schools  
Valleywood Middle School – Kentwood Public School  
Forest Hills Eastern Middle School & High School  
Lakeshore Assisted Living – Grand Haven  
Franciscan Life Process Center



# Calendar

To learn more about these offerings and our other services,  
please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org)



## Community Workdays

September 9  
October 14  
November 11

## Fertility Education

September 19 – Introduction to NFP, Grand Rapids Campus  
September 28 – Creighton Introductory Session, Grand Rapids Campus

## Franciscan Rhythms Trail Run

October 7

## Music Department

December 19 – Christmas Music Program

## Volunteer Days

September 22 – First Day of Fall  
October 6 – Apple Picking

## Art Workshops

September 28 – Jon Redmond, Lost and Found  
September 28 – Scott Conary, Building Form and Presence with Color, Mark, Value, and Intent  
October 5 – Kathleen Kalinowski, The Autumn Landscape in Pastel  
October 5 – Eric Michaels, Watercolor Free and Easy  
October 12 – Jim Johnson, Drawing and Painting with Walnut Ink  
October 13 – Aimee Einfeld, Gelli Plate Printmaking: An Introduction  
October 25 – Joan Fullerton, Intuitive Acrylic Painting and Collage  
October 26 – Sarah Sedwick, Painting the Dynamic Still Life  
November 2 – Judith Tummino, The Art of Self Portraiture: a Personal Statement  
November 2 – TJ Lick, Wildlife Painting  
November 3 – Beth Charles, Christmas Card Workshop

## Art Shows

October-January – Wes DeVries, abstract oil paintings, **Guardian Gallery Grand Rapids**  
October-January – Valentina Gregorieva, watercolor and pastel paintings, **Guardian Gallery Lowell**

# Troubadour

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

Non-Profit Org.  
U.S. Postage  
PAID  
Grand Rapids, MI  
Permit No. 404



@FranciscanCenter



@franciscanlifeprocesscenter

[www.lifeprocesscenter.org](http://www.lifeprocesscenter.org)

## 9th Annual Franciscan Rhythms Trail Run

Features: 5K walk/run, kids fun run, live music, food



**Saturday, 9am  
October 7  
2023**

Consider supporting  
our Music Therapy Program  
& help us reach our goal  
of \$30,000!



Registration is open now!  
[runsignup.com/TrailRun2023](https://runsignup.com/TrailRun2023)

## SAVE THE DATE! Beggar's Bell Bash

Help support our programs which  
have touched the lives of over  
30,000 families in West  
Michigan. Join us for a night of  
food, drinks at fun at Bissell  
Family Tree House.

**When:** Wednesday, June 12th 2024 at 6pm  
**Where:** John Ball Zoo  
1300 Fulton St.  
Grand Rapids, MI 49504