

Unlock Your Potential



Franciscan Life Process Center

TROUBADOUR

WINTER 2023

Dear Friends,

On December 2, the Franciscan Sisters of the Eucharist celebrated our 50th Anniversary of founding. The past half-century has been filled with its share of turmoil and triumph, discord and harmony. Looking at our world today we can see the same struggles. This is because the needs of the human heart do not change. As the need is timeless, so is 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.

Together with our staff at the Franciscan Life Process Center we celebrate the new year with gratitude and look towards the future with hope.

Sister Jeanne d'Arc Paquette, FSE

Sister Jeanne d'Arc Paquette, FSE
Director of Development and Director
of Music Therapy

Service and Dedication to the Center

When Cris Ritsema began working at the Franciscan Life Process Center twenty years ago, he had no idea more than a job was in store. As he became more involved in the management of the buildings and the land, he got to know the Sisters and their mission of promoting the sacredness and dignity of life and accompanying people on their journey.



Barb Ritsema oversees hospitality for the Center including maintaining a welcoming atmosphere for both staff and visitors. Today, Cris, as site manager, directs the development and maintenance of the land to preserve its original ecology and the unique features found there like the trails, gardens, and Laudato Si' Prairie.

Their work with volunteers and groups that visit the Center is at the heart of what Cris and Barb do. They work with a variety of ages and groups including Eagle Scouts, high school and college groups, and teams from local businesses making each volunteer feel welcome and appreciated.

"We work with people of all ages with both abilities and disabilities and figure out the best way we can utilize their skills on the land or in the building," states Cris. "We could not keep up with the grounds without our volunteers."

While Cris and Barb's tasks have changed over the years, what draws them to Center has remained the same, the mission. "The mission of the Sisters, fits our personal philosophy." Cris adds with a smile, "And working together is special. We are a team here at work and a team at home."



News Around the Center

- Music therapist **Lydia Betz**, MT-BC, recently joined the FLPC staff. She received her Bachelor of Music Therapy degree at Western Michigan University after completing her internship at Helen DeVos Children's Hospital in the spring of 2023.



- The Music Therapy Program will bring music experiences to six sites of UMRC **Porter Hills**. "**Singing thru the Eras**" is an educational and experiential series for adults. Participants will learn about different musical styles, listen to popular hits, and create music together. "**Singing thru the Eras**" will also be offered this summer at the Lowell Campus. For more information, contact Sister Jeanne d'Arc Paquette at sjdarc@lifeprocesscenter.org



- **Cacophony of Fluttering Wings**, painted by **Kathy Bechtel**, Art Director, received the William John Heule Memorial Award at the Festival of Arts Regional Exhibit.



- The Art Department has added a new art workshop format featuring multiple artists in one workshop. Called the **Collective Artist Series**, two to three artists will teach participants different techniques and styles that share one underlining theme. The first in this series, "Watercolor - Eric Michaels and William Mancuso" begins on July 10. To learn more, contact Kathy Bechtel at 616-897-7842 or kbechtel@lifeprocesscenter.org.



- **Jennifer Quiroz** is a counseling intern at the Center and will graduate in August with a Master of Arts degree in Clinical Mental Health Counseling from Divine Mercy University.



Counselor's Corner with Kristin Lothschutz, MA, LPC

There are times when language falls short and fails to express what a person is experiencing. While participating in sand tray therapy, clients of all ages create a scene by arranging symbolic figurines. This expressive process allows for communication and connection between various parts of the brain and body, which promotes insight and healing.



- Fertility Education Counselor **Georgia Schmitz**, BSN, CFCP, RN recently was certified as a Fertility Education and Medical Management (FEMM) instructor and is implementing the classes at **HELP Pregnancy Aid**.



Click here to reach our goal of \$200 for sand tray tools.



Community Workdays

April 13
May 11
June 8

Counseling

March 2 – Touched by Mercy, A Day of Reflection for Those Affected by Suicide

Fertility Education

January 24 – Intro to Natural Family Planning (NFP), Grand Rapids Campus
January 30 – Creighton Introductory Session, Grand Rapids Campus
February 26 – Sympto Pro 3 session class begins
March 5 – Creighton Introductory Session, Grand Rapids Campus
Monthly – Living in the Midst Infertility Support Group, Grand Rapids Campus

Music Department

May 19 – Spring Recital

Volunteer Days

April 1 – Easter Monday, Celebrate New Life with Us
April 22 – Earth Day, Let's Work with Mother Earth
June 26 – Summer Is Here!

Art Workshops

February 29 – Eric Michaels, Painting Winter Landscape
March 4 – Margo Burian, Acrylic 3 Session class begins
March 11 – Diane Hamel, Beyond Words An Icon Writing Workshop
April 8 – M. Joy Lemmon, Classical Drawing 4 session class begins
April 11 – Jeannie McGuire, Figurative Design, Character, and Composition
April 18 – Judith Tummino, Still Life with Simplicity
April 18 – Margo Burian, The Collage Class
April 19 – Aimee Einfeld, Gelli Plate Printmaking

April 25 – Santillanes, Studio Workshop Landscape Painting, Capturing the Atmosphere
April 25 – Robin Potet, Explore! Surfaces, Textures and Techniques in Watercolor
May 8 – Kathleen Conover, Color, Compostion and Collage
May 9 – Kathleen Kalinowski, Painting the Spring Landscape with Pastel
May 15 – Zin Lim, Figure Drawing
May 16 – Margo Burian, Multi Media Abstract Painting
May 21 – Laura Robb, Creating Dynamic Floral Compositions in Oil
May 22 – M. Joy Lemon, All Prima Oil Painting with Lead White
June 5 – David R. Smith, Outdoor Watercolor Journey
June 6 – Barbara Schilling, Creating Energy and Textures in Paint
June 20 – Cindy Culter Awrey, Take Flight
June 20 – Kyle Ma, Landscape Painting
June 27 – Judy Tummino, Constructing Landscapes from Photographs, a Landscape Tradition
June 27 – Mary Qian, Completing a Portrait, a Journey

Art Shows

February to June – Mary Jane Pories, abstract paintings
Guardian Gallery Grand Rapids
February to June – M. Joy Lemon, classical style paintings
Guardian Gallery Lowell

**Go to www.lifeprocesscenter.org
to view July, August workshops**

Coming Summer 2024

Summer Music Experiences for All!
Session 1 June 10-12

Beggar's Bell Bash - June 12
John Ball Zoo Bissell Tree House

Pioneer Days - Session 1 June 17-20

We Have Space for You!

The Lowell Campus has rental space available for your next gathering, business meeting or planning session. Our warm inviting spaces can be arranged to meet the specific needs of both large and small groups.

Contact Ashley Strobel at 616-897-7842
or astrobel@lifeprocesscenter.org.



News from the Franciscan Sisters

Welcome Sister Frances

Sister Frances Zajac FSE, MM moved to the Lowell Campus in August and joined the staff at West Catholic. In a recent interview, Sister Frances shared her thoughts on her first few months in West Michigan.



Welcome to West Michigan, Sister.

How have the first few months of your time here been?

My first few months have been filled with awe and wonder as well as what and how. Awe at the beautiful West Michigan sunrises/sunsets and wondering why deer cross streets despite the vast farmlands and woodlands/forests to inhabit. The "whats" about the vast mission and varied programs at the Franciscan Life Process Center and the "hows" of getting to know the staff, students, and their families at West Catholic High School.

Tell us about the West Catholic community and your role/duties there.

The West Catholic community warmly welcomed me and truly lives out its mission of forming Disciples of Christ through a dynamic, excellence-driven education steeped within the Catholic faith tradition with its social & moral teachings as a foundation. I serve as the Assistant Principal, and my primary role is the supervision of student behaviors and the monitoring and guiding of school culture. I also enjoy attending as many extracurricular athletic, theatrical, and academic extracurricular activities available at West Catholic as possible.

You've worked with high school students for over twenty years. What is the most exciting part of working with them? What are the challenges?

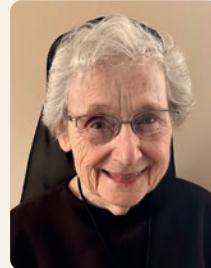
Accompanying each student, within the transformative processes that he/she is going through in all the dimensions of his/her teenage life - spiritually, physically, emotionally, socially and academically in order to become his/her best self, is the primary challenge. Yet paradoxically, the most exciting part of working with high school students is seeing each child figure out and grow in the area of his/her giftedness with the support of the adults with which a trust relationship has been formed - be it a teacher, coach, custodian, or food service worker - while at the same time grappling with the areas of becoming a young adult.

What are you looking forward to as you learn about/live in West Michigan?

I am looking forward to my own personal and professional growth as I allow myself to become an integral part of a new community through loving others as God loves them.

Sisters on Staff at the FLPC

Sister Colleen Ann Nagle FSE, MA LPC is the Executive Director of the Center and on the counseling staff.



Sister Barbara Cline FSE, MA PhD meets with individuals seeking spiritual integration, sometimes called spiritual direction.

Sister Margaret Dahl FSE, MA serves as a music teacher and administrative guide at the Center. She is also the treasurer of the Franciscan Sisters of the Eucharist.



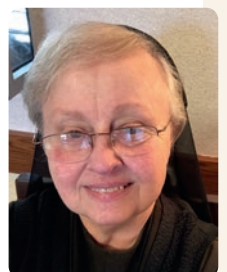
Sister Anna Rose Kalinowski FSE, MA, Business Administrator, oversees the financial aspects of the Center as well as human resources.

Sister Mary Paul Moller FSE, MS, LMFT, LPC, RPT-S is a certified play therapist and the Director of the Environmental Education program.



Sister Jeanne d'Arc Paquette FSE, MA is the Director of Development and the Director of Music Therapy program.

Sister Kateri Visocki FSE, MA is the receptionist at the Lowell Campus on Thursdays.



The Beggar's Bell Bash

A fundraiser to support our programs which have touched the lives of over 30,000 families in West Michigan. Join us for a night of food, music and fun at Bissell Family Treehouse.



\$100/ticket

\$1000/8 person table sponsorship

Cocktail attire encouraged

weblink.donorperfect.com/Bash24



Wednesday, June 12th, 2024
6 p.m. • Bissell Treehouse

MUSIC EXPERIENCES & EDUCATION FOR ALL AGES

Adult Sessions

"Singing thru the Eras" is an educational and experiential series for adults. Focusing on music represented by decades of the 1900's, participants will learn about different musical styles, listen to popular hits, and create music together. No prior music experience needed. Choose one session. **Cost:** \$150

Session 1

June 10-12 | 1pm-4pm | Lowell Campus

Session 2

July 8-10 | 1pm-4pm | Grand Rapids Campus

Session 3

August 5-7 | 9am-12pm | Lowell Campus

Children Sessions

"Genres & Jammin" is an educational and experiential class for kids ages 6-12. Children will experience a variety of types of music, its history and instrumentation as well as playing instruments and creating a musical craft. No prior music experience needed. Choose one session. **Cost:** \$150

Session 1

June 10-12 | 9am-12pm | Lowell Campus

Session 2

July 8-10 | 9am-12pm | Grand Rapids Campus

Session 3

August 5-7 | 1pm-4pm | Lowell Campus



weblink.donorperfect.com/MusicExperiences24

Touched By Mercy

Join us for this day of reflection for those affected by suicide. Lunch is included and Mass will be celebrated.

March 2, 2024
10am-3pm

Franciscan Life Process Center

11650 Downes St
Lowell MI 49331

Cost: \$65



weblink.donorperfect.com/2024_touched_by_mercy



PIONEER DAYS SUMMER EXPERIENCE

Join **Sister Mary Paul Moller, FSE**, as she leads attendees in experiencing activities of our early settlers: pan for gold, make soap, go berry picking, use a bow and arrow, and more!
Choose one session. **Cost** \$200

Children ages 8 - 12 | 9am-12pm

Session 1: June 17-20 2024

Session 2: June 24-27 2024

Session 3: August 5-8 2024



weblink.donorperfect.com/PioneerDays24



Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
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Lowell, MI 49331-9489

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Lowell Campus – 11650 Downes Street



Grand Rapids Campus – 654 Davis Street NW