

Unlock Your Potential



Franciscan Life Process Center

TROUBADOUR

WINTER 2023



Dear Friends of the Center,

Every spring brings the opportunity for renewal. On behalf of the Franciscan Life Process Center, we are excited to announce our new capital campaign: "ReVitalize: A Plan to Welcome Tomorrow", and we would like to invite you to join us in our efforts!

Our campaign has a lofty goal of \$2.2 million to help redesign and update our current building and surroundings. We plan to work toward LEED Certification, benefit from regenerative designs in our landscaping, and improve our spaces to better serve our clients and the greater Grand Rapids community. We are committed to transparency about our efforts and will regularly report all progress and milestones.

As you know, we are committed to 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.* With your support, we have been able to make great strides in these areas, but we know that there is still much work to be done.

This is a critical time in our society today to continue to provide access to healthy human services as well as access to environmental restoration to engage fully with all that God has designed.

Currently, we have raised \$1 million and are excited to reach our goal with your support. To donate today, please visit our homepage www.lifeprocesscenter.org and click on the "ReVitalize" button.

We appreciate your consideration and hope that you can join us "ReVitalize" the experiences we provide to others.

Sister Colleen Ann Nagle, FSE

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Executive Director

Sandy Koteskey MT-BC

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Director

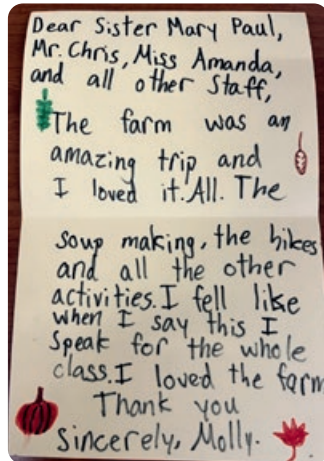
Volunteers Help with Spring Clean up

Young men from **Harmel Academy** volunteered for land clean up in March and returned in April to install new doors and windows in the San Francisco yurt. The Harmel Academy provides hands on education in the trades in a Catholic faith-based setting.



Environmental Program Completes Another Year

As you can see, fifth graders from area Catholic schools love the Environmental Education program. This spring the students studied birds, learned to identify their migration patterns, worked in the garden, and completed farm chores. At the end of their week, they enjoyed a cookout with their parents and family to celebrate the year.



Interested in having your school participate in this program? Contact Sister Mary Paul Moller, FSE at 616-897-7842 or smpmoller@lifeprocesscenter.org

Music Therapist Designs Music Station

Music intern **Shanelle McGinnis** designed a music station to increase accessibility of music-making with students who are unable to attend music therapy at **Pine Grove Learning Center** in Grand Rapids. The music station includes interactive instruments and button-activated recordings of Shanelle singing and giving verbal instructions for each instrument.

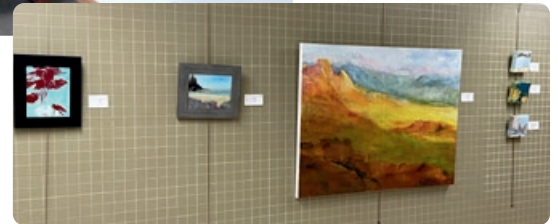
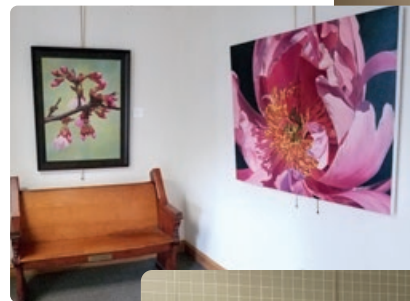
Shanelle finished her internship in February and has joined the FLPC music therapy team as a staff member.



Guardian Galleries Showcase Local Artists

Since 2018, the Center's Guardian Galleries have displayed a variety of beautiful artwork. "Our goal is to educate the public on the various styles of art as represented by local artists," states Kathy Bechtel, Art Director. This summer, **The Collective Palette/6 Multimedia Artists/Friends** will show their work at the Lowell Campus, and work by photographer **Wayne Pierce** will be displayed at the Grand Rapids campus.

Visitors are welcome to stop by the **Guardian Gallery, Lowell Campus** from 9:00 am - 5:00 pm Monday through Friday. The **Guardian Gallery, Grand Rapids Campus** is open Tuesdays and Thursday from noon - 5:00 pm. New art is displayed every three months.



FEMM Classes Now Offered

Georgia Schmitz, BSN, CFCP, RN, director of Fertility Education programs, now offers **Fertility Education and Medical Management (FEMM)** classes at the Center. FEMM health is taught in a series of three group sessions. Attendees will learn how hormones influence their health, to identify healthy patterns and health problems, and to manage their fertility. The summer session begins in July and the fall session in September. Go to <https://FEMM2024.eventbrite.com> for more information.



VOLUNTEER OPPORTUNITIES AT THE LOWELL CAMPUS



"Volunteering is a grace from God," -Pope Francis, December 2022

Workdays with Franciscan Sisters

Every second Saturday of the month from spring through fall work side by side with the Sisters as they work on the land. Lunch is provided for those who wish to stay.

When: 9:00 am- Noon May 11, June 8, August 10, September 14, October 12, and November 9

Please go to www.lifeprocesscenter.org and click on Get Involved to register.

Center Land Workdays

You are invited to visit the Lowell Campus to work on the grounds and help beautify the Center. Tasks include trimming, raking, weeding, and harvesting.

When: 9:00 am-Noon June 26, August 6, September 23, October 7

Please go to www.lifeprocesscenter.org and click on Get Involved to register.

Event Volunteers

Calling all those who love to bake, sort, craft and assemble! We need volunteers to help with both our

Beggar's Bell Bash and our 10th Annual **Franciscan Rhythms Trail Run**. If you are interested and available to give any amount of time on June 10 and 11 or the week of September 30 through October 5, please contact Sarah Kelly at skelly@lifeprocesscenter.org

Corner of Creation

Introducing a wonderful opportunity to work on the land of the Lowell Campus. Meet with our Land Managers to establish which section of land you would like to regularly tend throughout the year. You can weed, rake or plant, and, on occasion, just enjoy! Please contact Sarah Kelly skelly@lifeprocesscenter.org to schedule a tour of what "corners" are available.

Volunteers for Environmental Education

Do you have a passion for the outdoors and working with children? We are looking for volunteers for our 2024-2025 Environmental Education Program. If you are interested, please contact Sarah Kelly at skelly@lifeprocesscenter.org. Background Check and Virtus Training are a prerequisite for approval.

CALENDAR

Please go to www.lifeprocesscenter.org to learn more about the many opportunities at the FLPC



July 10 - 12 Lowell Campus

Collective Artist Series Watercolor - Eric Michaels & William Mancuso

This is an incredible opportunity to study two distinctive, but highly complementary sketching styles with internationally recognized artists. Cost: \$675



July 29 - 31

Summer Art Experience for Grades 3 - 8

Participants will learn the basics of handling colored pencils, creating various strokes, and using pastels to add vibrant colors to their artwork.

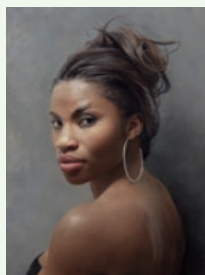
Instructor Claire Morin will encourage them to experiment with different subjects like animals, nature, self-portraits, and more. Cost: \$200



August 21 - 24 Lowell Campus

David Kassin: The Art of Capturing Personality & Emotion in Oil Portraiture

Gain a deeper understanding of the techniques and principles of oil portrait painting, confidence, and skills necessary to create realistic and expressive portraits from a live model. Cost: \$685



News from the Franciscan Sisters

Get to Know the Franciscans

Sister Collette Maritim FSE, BSN, RN, MA moved to Lowell in 2018. Sister shares her thoughts about her experiences as a nurse, in community life, and living in Lowell and Kenya.

Tell us about your work as an oncology nurse at Trinity Health Grand Rapids.

For me, working with cancer patients has opened opportunities not only to care for my patients physically but also spiritually. I spend a lot of time being present to them as they navigate their fears, worries, uncertainties and even despair, praying with them or for them. I feel blessed to have this opportunity to minister to people in the most difficult moments of their lives.

You grew up in Kenya. What was life like for you there?

When I look back to my growing up in Kenya, it strikes me how drastically different it is from living here in the US. My nine siblings and I grew up on a small farm in a village near Rift Valley. We raised chickens, goats, and cattle, had dogs and cats, a garden, and a tea farm for the sustenance of the family.

Apart from helping our parents on the farm when not in school, my life was shaped by living in a village where our lives revolved around village and church activities. Our sense of community was strong. I believe that comes from people living in poverty and their need to lean on each other to survive.

What are some of the gifts of living in community?

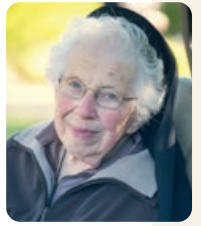
One of the principles of the Franciscan Sisters of the Eucharist is community life. In many ways, living in community for me is the greatest blessing I have received. Our community life is a sacred place where we have many opportunities to grow as a person. It is a place where we honor and praise God together, enjoy each other's gifts and talents, and celebrate each other's joys as well as accompany one another in our pain and suffering. We make a conscious decision to give our life to God through our daily life by living in community with each other, and from there we go out to minister to the people of God.

In addition to your work as an oncology nurse, what brings you joy?

I feel that God has blessed me in many ways. One of them is my love for music and nature. Singing and drumming were a part of my childhood in Kenya, so I like to listen to all kinds of music. As much as I find joy and peace contemplating nature on my walks on our land, I am even more delighted to share the beauty found in nature with others through making flower arrangements, planting flower beds around our house, caring for our orchard and even taking care of our chickens.

Sisters In Residence

Mother Mary Ann Schmitz FSE, MA is one of the foundresses of the Lowell Campus. Mother is the guiding hand in the development of the land at the Lowell Campus.



Sister Bernice Blaha FSE, BS is a founding member of the Franciscan Sisters of the Eucharist and worked as a pharmacist for many years. Sister prays daily for the needs of the people served by the Center and for prayer requests from the community.



Sister Collette Maritim FSE, RN, BSN, MA works in the oncology unit at Trinity Health Hospital.



Sister Mary Matthew Morrisroe FSE, MST is employed by Arrowhead Regional Development Commission in Duluth, MN and works remotely while she resides in Lowell.

Sister Damian Marie Savino FSE, Ph.D. was awarded two faculty fellowships at the University of Notre Dame this year, one from the McGrath Institute for Church Life and the other from the Kellogg Institute for International Studies.



Sister Frances Zajac FSE, MS is the assistant principal at West Catholic High School.

Resident Honeybees on the Farm!

The Franciscan Sisters are entering their third season of keeping honeybees at their farm in Lowell. They are currently managing four beehives. Last season, the Sisters were able to harvest almost 40 pounds of beautiful raw honey from the hives. With 230 acres of land at the Lowell campus, comprised of various plant communities, the bees have plenty of nectar and pollen sources to forage through the growing season.



Have you considered a sponsorship?

Choosing to sponsor the Beggar's Bell Bash allows us to provide an expansive mental health program and support our land activities that provide individuals with unique opportunities to connect with nature.

Bronze	\$500
Silver	\$1500
Gold	\$2500
Diamond	\$5,000
Platinum	\$10,000

For sponsorship level details
Scan Here



Contact Sarah Kelly at
Skelly@lifeprocesscenter.org or
616.897.7842 for questions

Beggar's Bell Bash

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

Purchase tickets
\$100 | Ticket
\$1000 | Table



MUSIC EXPERIENCES & EDUCATION FOR ALL AGES

Adult Sessions

Singing thru the Eras is an educational and experiential series for adults.

Cost: \$150

Session 1

June 10-12 | 9am-12pm

Session 2

July 8-10 | 9am-12pm

Session 3

August 5-7 | 1pm-4pm

Children Sessions

Genres & Jammin is an educational and experiential class for kids ages 6-12

Cost: \$150

Session 1

June 10-12 | 9am-12pm

Session 2

July 8-10 | 9am-12pm

Session 3

Aug 5-7 | 1pm-4pm



weblink.donorperfect.com/MusicExperiences24



PIONEER DAYS SUMMER EXPERIENCE

Join **Sister Mary Paul Moller, FSE**, as she leads participants in experiencing activities of our early settlers. Pan for gold, make soap, go berry picking, use a bow and arrow, and more!

Children ages 8 - 12 | 9am-12pm

Session 1: June 17th-20th 2024

Session 2: June 24th-27th 2024

Session 3: August 5th-8th 2024

weblink.donorperfect.com/PioneerDays24



SAVE THE DATE

Saturday, October 5th 2024

10TH ANNUAL

FRANCISCAN RHYTHMS TRAIL RUN & WALK

All proceeds support the music therapy program

Troubadour

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



Lowell Campus – 11650 Downes Street



Grand Rapids Campus – 654 Davis Street NW