

# Unlock Your Potential



Franciscan Life Process Center

## TROUBADOUR

FALL 2024

Dear friends,

As fall returns, so does the business of life. We return to school schedules, shortening days, and a season of holidays in quick succession. As we bustle through the end of the calendar year, the Franciscan Sisters of the Eucharist continue to encourage us to take time to reflect and be grateful.

The sound of music flowing through our doors as we see clients for music therapy and the sight of clients meeting with our counselors as they work to heal themselves makes me grateful. The beautiful art our workshop attendees create, and, of course, the number of volunteers that give of themselves and their time to help beautify our Center keep me forever giving thanks.

We are so very grateful for all of you and how your continued support fuels our efforts here at the Franciscan Life Process Center. Thank you for helping us share the Sisters' mission throughout West Michigan.

In faith together,

  
Sandy Koteskey, MT-BC  
Center Director

## Capital Campaign Plans are Underway

The Franciscan Life Process Center's **ReVitalize** campaign continues to gain momentum. Andrus Architecture has been working directly with our team to create a vision for the updates that are desperately needed to the building.

One of our priorities is to increase accessibility to the front entrance. This means increasing the proximity and number of handicap accessible parking spaces and extending a covered entrance for ease of entering the building.

A coffee bar will be available in the new waiting area, complete with a custom-designed reception desk, to make all who enter feel welcome.

While all spaces will be renovated, the kitchen has been a focus for the Sisters. The new design allows for two "teaching stations" with large islands for food prep and double ovens and cooling racks so those coming to the Center for a baking experience have an all-inclusive, efficient process. In addition, service counters will be expanded to provide easy access to catered lunches for the large groups that utilize our rental spaces.

Sister Colleen Ann Nagle FSE, Executive Director, hopes to have fundraising efforts completed by December 2024 so renovations can begin in 2025. Friends of the Center are encouraged to prayerfully consider donating.

To learn more about the campaign, go to [lifeprocesscenter.org](http://lifeprocesscenter.org) and scroll to the "ReVitalize" button.



# VOLUNTEER OPPORTUNITIES AT THE LOWELL CAMPUS



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

## Workdays with Franciscan Sisters

When: 9am - Noon, Sept. 14, Oct. 12, and Nov. 9

Please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) and click on Get Involved to register.

## Center Land Workdays

When: 9:00 am-Noon September 23, October 7

Please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) and click on Get Involved to register.

## Event Volunteers

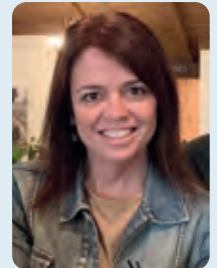
Calling all those who love to bake, sort, craft and assemble! We need volunteers to help with our 10th Annual Franciscan Rhythms Trail Run. If you are interested and available to give any amount of time the week of September 30 through October 5, please contact Sarah Kelly at [skelly@lifeprocesscenter.org](mailto:skelly@lifeprocesscenter.org)

## 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](mailto:skelly@lifeprocesscenter.org) Background Check and Virtus Training are a prerequisite for approval.

## Center Volunteers

Tricia Donovan has been a volunteer at the Center for over 12 years. She has been a photographer, organizer, and most especially a bread baker.



### What do you like about volunteering at the Center?

As is everything at the farm, becoming one of their bakers has been such an incredible experience. I was in charge of getting more volunteers, so I called on my neighbors and friends, and we created an incredible team! We all loved the Sisters, we all loved to bake, and we all loved to volunteer. Sister Colleen Ann led great discussions about everyday events and connected it to our faith. Even though our arms got an incredible workout with stirring and kneading large amounts of dough, it never seemed like work!

### How has working with the Sisters and their mission affected you?

When you drive down the dirt road to arrive on campus, you feel instant calm. This is a special place, and you feel it in your soul. You know that you can ask any question, discuss any issue and ask for many prayers. In this time in our history, when it is hard to get the truth, this is a place where it happens. It is so wonderful to have a place where you can go to volunteer and help so many people!

## CALENDAR HIGHLIGHTS

Please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) to learn more about the many opportunities at the FLPC



October 9 - 12

### David Gray - Painting the Head from Life

This class includes drawing, several types of paint handling and color mixing to help students achieve a sophisticated translation of the head in oil reminiscent of the 19th century Neoclassical French Masters.  
Cost: \$700



October 17 - 19

### David Dibble - Value and Color: Foundations and Explorations

This is the college course artists always wish they had taken. Students will study principles and work through visual exercises and painting studies which will change both their observational and studio practices.  
Cost: \$650





# Unlocking Potential A Year in Review

2023-2024

## Land

84

Rental Space Events

5

Environmental Education participating schools

## Counseling

400

Individual clients

61

Fertility Education follow ups

## Art

28

Art workshops

254

Workshop attendees

## Music Therapy

27

Contract sites

40

Individual clients per week

## Schools We Serve

Our Lady of Consolation

Immaculate Heart of Mary

Assumption of the Blessed Virgin Mary

All Saints Academy

St. Patrick - Parnell

Staff 26  
Volunteer 1935 Hours

## Counties We Serve

Allegan Muskegon Oceana  
Barry Montcalm Osceola  
Kent Lake Ottawa  
Mecosta Newaygo

## Contracts | Served by our Board Certified Music Therapists

Lincoln Developmental Center  
Lincoln School  
Pine Grove Learning Center  
KEC Oakleigh  
South Godwin Elementary  
West Godwin Elementary  
North Godwin Elementary  
Jenison Early Childhood Center  
Sunset Manor of Jenison  
Covenant Living of the Great Lakes

Harbor House Ministries  
Porter Hills Village  
Green Houses of Porter Hills  
Georgetown & Cambridge Manor  
Yorkshire & Stonebridge Manor  
Clark Retirement Community  
Maple Ridge of Lowell  
Dominican Sisters – Grand Rapids  
Spectrum Community Services  
Network 180: Arbor Circle

Corewell Health Hospice  
Lowell Public School  
Valleywood Middle School  
Lakeshore Assisted Living  
Reeths-Puffer Public Schools  
Porter Hills URC

## Get to Know the Franciscans

In June, the Sisters welcomed **Sister Gabriella Pettirossi FSE, MA, LMFT**, who joined the FLPC staff as a marriage and family counselor. Sister talks about her work as a counselor and the places she has been missioned.

**You were born and raised in Assisi, Italy, but you have moved back and forth over the years.**

Yes, I was born and raised in Assisi, the birthplace of Saint Francis. After earning a degree in management and marketing, I joined the Franciscan Sisters of the Eucharist and moved to our Motherhouse in Meriden, CT. From there, I have been missioned to Falls Church, VA, Assisi and Rome, Italy, and now here to Lowell, MI!

It has been a joy and a real learning experience living and working in different places. Being able to speak other languages and experience other cultures draws me closer to God, who created us all so different, yet we are all brothers and sisters in Christ!

**As a counselor who has seen children, individuals, couples, and families for many years, what do you see as their greatest need?**

I know that it might sound simple, but their greatest need is to love and be loved. To work on a loving attitude in all relationships is a real challenge. Love is self-gift, putting the other before me; but it also means putting boundaries and lovingly correcting each other.

**In addition to being a marriage and family counselor, did you have other interesting working experiences?**

Yes, I lived in Rome for nine years, and I worked at the Vatican Library. It was a wonderful experience, and I learned so much about the history of the Church as well as the treasures that the Library has preserved through the centuries. More recently, I worked at Holy Apostles College and Seminary in Cromwell, CT, as Dean of Women for Vietnamese and Chinese Sisters. I was very blessed to visit the Sisters' religious communities in Vietnam last summer.

It was an incredible witness of faith and joy, especially the lay people, who make great sacrifices, like going to mass at 4:30 or 5 in the morning. They were very generous and welcoming.



Sister Gabriella visits religious communities in Vietnam.

No matter where and what our profession or apostolate takes us, we are following St. Francis' bidding to rebuild the Church, one person at a time.

## Sister Visits Uganda

**Sister Damien Marie Savino FSE, Ph.D.** was awarded two faculty fellowships at the University of Notre Dame to support her proposal to write a book about integral ecology. Integral ecology is an important concept introduced by Pope Francis in *Laudato Si'*, his encyclical on care for creation. It refers to the need to develop environmental solutions that benefit both nature and human ecology.

While at Notre Dame, Sister is engaged in dialogue with engineering and theology professors and practitioners of international development. The first part of the book develops the theory and principles of integral ecology, and the second part explores case studies that exemplify integral ecology "on the ground." In June, Sister Damien Marie visited the Bethany Land Institute in Uganda as one case study to learn more about how its approach to integral ecology is helping to restore the land and rebuild human communities there.

Sister's hope is that the book will offer an approach to integral ecology that incorporates key principles and concrete design solutions for sustainability, grounded in Catholic thinking about the relationship between humans, nature, and God.

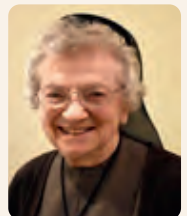


Sister Damien Marie, Sister Amaris Salata and a Notre Dame study abroad group when they crossed the equator in Uganda.

## Sisters Celebrate Anniversaries

In July, two Sisters from Lowell celebrated special anniversaries at the Motherhouse in Meriden, CT.

**Sister Bernice Blaha FSE, BS** celebrated 75 years of religious life. Sister Bernice is a founding member of the Franciscan Sisters of the Eucharist and practiced in hospital pharmacies in Wisconsin, Idaho, Ohio, and Michigan.



**Sister Lucia Treanor FSE, PhD** celebrated 25 years as a Franciscan Sister of the Eucharist. Sister taught at Grand Valley State University as a professor in the Writing Department. Currently, she teaches writing at the Catholic University of America in the English Department and lives in Falls Church, VA.



Saturday, October 5th 2024

10<sup>TH</sup>  
ANNUAL



FRANCISCAN  
RHYTHMS  
TRAIL  
RUN &  
WALK

All proceeds support the music therapy program  
& restorative land projects

We are excited to announce the 10th annual Franciscan Rhythms Trail Run on October 5th. Over the last ten years this race has benefited our music therapy program. This year we're expanding our fundraising efforts to include our restorative land projects at the Lowell campus.

Over the years, having access to the land has contributed greatly to our music therapy sessions. The healthy, diverse ecologies and peaceful, vibrant atmosphere of our campus provides a safe space for our clients to grow. Our fundraising goal this year is \$40,000.

## Register or Sponsor

[Runsignup.com/trailrun24](https://runsignup.com/trailrun24)



Interested in sponsoring or want to be a featured musician on the trail?

Please contact Sarah Kelly  
[skelly@lifeprocesscenter.org](mailto:skelly@lifeprocesscenter.org)

*Scan me*

## Corner of Creation

Find joy in tending to a specific section of our land throughout the year. Regular activities could include weeding, raking or planting. Perfect for individuals, groups and families.

To schedule a tour of available "corners" Please contact:  
Sarah Kelly at [skelly@lifeprocesscenter.org](mailto:skelly@lifeprocesscenter.org)

## Career Opportunities

We expect a lot from our team – and we give you the support and the space to achieve. As an ideal candidate, you are:

- Professional
- Flexible
- A strong communicator
- A problem solver
- Highly motivated
- Able to work independently

Whether you have just completed your degree and are looking for that first job or are an experienced professional with decades of knowledge, we have a place for you!

Now Seeking:

Music Therapists

Mental Health Professionals

Receptionist

To apply please visit [flpccareers.org](https://flpccareers.org)



# 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

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 @franciscanlifeprocesscenter

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



Lowell Campus – 11650 Downes Street



Grand Rapids Campus – 654 Davis Street NW