

# Unlock Your Potential



Franciscan Life Process Center

## TROUBADOUR

SPRING 2025

Dear friends,

The Franciscan Life Process Center was built between July 1990 and September 1991. Now, 34 years later, we are in a process of "reVitalization", which includes new paint, flooring, and lighting, improved bathroom facilities, guest areas, and meeting spaces, new office areas, and an enhanced front entrance!

The first phase of the "reVitalization" work was completed the last week of March, and I am happy to say that our Art Program hosted one of this season's first workshops in the renewed space that week. The next phase will take us into the summer months, and in early Fall, we will hold an Open House for all of those interested in seeing our enhanced spaces.

It is our effort to deepen the experience of every person who comes to the Center as we look forward to the next 30 plus years. Our revitalized building along with the trails, the Laudato Si' prairie, the Stations of the Cross, the Rosary Walk, and the woodlands and fields offer endless educational and experiential learning opportunities.

Thank you to all our advisors and donors who have made this change possible, and for all of you who come to the Center to enjoy the inside and outside spaces.

*Sister Colleen Ann Nagle, FSE*

Sister Colleen Ann Nagle, FSE  
Executive Director

## The True Adventure Series This Summer at the FLPC

The staff of the Franciscan Life Process Center, Lowell Campus, offers a new summer series for children. These technology free weeklong experiences will help children develop life skills and enhance critical thinking and creative artistic exploration through a variety of activities including working with animals, cooking, making music, creating art and playing games with one another. Children can sign up for one week or all three consecutive weeks. Go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) to register.

"Each week has a specific theme with unique activities," states Sandy Koteskey, Center Director. "Sister Mary Paul Moller FSE, Sister Gabriella Pettirossi FSE, Kathy Bechtel, Art Director, and some of our music therapists along with a crew of volunteers are looking forward to working with kids on the land of Lowell campus."

### **The Wild West - July 21 - July 25**

Explore the challenges of the untamed West of the late 1800s!

### **In the Footsteps of St. Francis - July 28-August 1**

Come to learn how St. Francis praised and gave glory to God in all his daily works.

### **Campfire Storytellers - August 4 - August 8**

Once upon a time...before technology, information was passed on through storytelling and folklore. Through popular stories, children will explore history, adventure and fantasy.

Cost: \$300 for 1 child, \$250 if signed up for all 3 weeks, \$150 for each additional child

Ages: 6yo through 12yo  
(split into age groups)

Days and time:  
Monday - Friday  
9:00am - 4:00pm



## New Staff Joins the Center

**Alaina Alvarez**, MT-BC is a 2020 graduate of Ohio Northern University with a Bachelor of Arts in Music Technology. She completed her Music Therapy certificate in 2024 at Western Michigan University where she is currently pursuing her Master of Music in Music Therapy. She completed her internship with Hospice of Cincinnati. She enjoys working with a variety of populations but has a passion for working with those with intellectual and developmental disabilities.



**Olivia Amting**, BA is the receptionist and a music lesson teacher at FLPC. As a 2025 graduate from Aquinas College, Olivia studied music with a focus on piano and organ. She also has over five years' experience as a music educator. Olivia teaches piano, guitar, voice, and Latin and is deeply committed to fostering musical and personal growth in her students.



## Music Lessons

The FLPC offers music lessons at both the Lowell and Grand Rapids campuses. Students may study piano, guitar, drums and brass instruments with Center staff. Tuition is paid by semester though students may enroll anytime. Please contact Sandy Koteskey at 616-897-7892 or [skoteskey@lifeprocesscenter.org](mailto:skoteskey@lifeprocesscenter.org) for more information.



## Holy Cross Seminarians Visit Center

Father Jim Gallagher C.P.C. and a group of seminarians and brothers from Holy Cross Seminary in South Bend recently visited the Lowell Campus. It was a morning of spiritual formation through the work experience of clearing fence lines. Over lunch the Sisters, the men and lay volunteers integrated the spiritual insights awakened by the work.



## Art Workshops Resume in New Space at Lowell Campus

The updates to the **Giotto Studio** where most of the Center's art workshops are held were completed in March. "The room is beautiful because of the new flooring and paint," says Kathy Bechtel, Art Director. "Attendees will especially appreciate the air conditioning that was added too." Workshops returned to the Lowell Campus in March and will continue there throughout the summer and fall.

For more information about art workshops, go to our website [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org).



## Productive Bee Season Results in New Product

Honey and lip balm are now available for purchase at the Lowell and Grand Rapids campuses. During the 2024 season, staff member Amanda Whitscell-Fischer harvested and bottled over 80 pounds of raw honey from the hives. She also harvested wax and produced an all-natural beeswax lip balm.



The Franciscan Sisters of the Eucharist have been keeping bees periodically since they settled in Lowell in 1973. Amanda works with Sister Collette Maritim FSE on beekeeping. "Not only does beekeeping provide practical benefits to the farm, including pollination, diversity, honey and beeswax," Amanda says, "but the culture of the honeybee hive is also a beautiful example of a community working together for the good of the whole."

*"The bee is more honored than other animals, not because she labors, but because she labors for others."*  
St. John Chrysostom

# News from the Franciscan Sisters

## Get to Know the Franciscans

**Sister Anna Rose Kalinowski FSE,** BS, MA serves as the Business Administrator for the Franciscan Life Process Center. She oversees budgets, payroll, accounts payable and receivable as well as human resources.



### Where did you grow up?

My dad worked for US Steel in Gary IN for 43 years, but our family lived in a small town called DeMotte, Indiana. We were a “blended” family. My parents’ spouses died, and they later remarried, so our family included four kids from my dad, two from my mom and then my sister and me.

After graduating from Kankakee Valley High School, I went to a business school in Fort Wayne and then moved to Duluth, Minnesota.

### Tell us about your work in the publishing industry before you became a Sister.

Before entering the Community, I worked for Advanstar Communications, a trade magazine publishing company, for about 15 years as a Production Manager. It was an exciting time because the computer industry was changing quickly, and the printing industry was changing dramatically. I felt very fortunate to be there during that time because I was learning technology as it was evolving.

### Where did you meet the Franciscan Sisters of the Eucharist?

I was living in Duluth, and at that time, the John Duss Music Conservatory was a mission of the Franciscan Sisters of the Eucharist. Sister Bernardone Rock, FSE directed various choirs there, and I became a member of one of them. I also joined the diocesan choir for the Diocese of Duluth and made some good friends. My friends and I related to the FSEs at the Conservatory, and eventually, I became more involved there helping with various projects. Over time, I heard God’s call to join the Community. It took me awhile, but the Sisters knew!

### We’ve heard you like to go fishing. Where did you learn to fish?

My dad and brothers liked to fish, and it was fun to hang out with them fishing on various lakes during the summer. Walleyes are fun to catch because they are a bit tricky, and they are good to eat.

When my dad retired, my parents moved to Tower, Minnesota on Lake Vermilion. As a young professional living in Duluth, I loved heading to my parents’ home on the weekends in the summer to enjoy the lake. Sunsets, campfires, and fishing were all a welcome change from my life in the city.

## Sister Raffaella Appointed to Leadership Role at Vatican

**Sister Raffaella Petrini FSE,** BS, MS, Ph.D., has been appointed President of the Pontifical Commission for Vatican City State and Secretary-General of the Governorate of Vatican City by Pope Francis. With this appointment, she becomes the first woman to hold the highest leadership position within the Vatican’s administrative structure.



Sister Raffaella, a native of Rome, Italy, has served as the Secretary General of the Governate since 2021. In her new role, Sister will oversee the governance of Vatican City managing its daily operations and policies including security, infrastructure and cultural heritage.

## Where Are They Now?

**Sister Sarah Doser FSE,** MA in Theology, MA in Spirituality, is currently missioned to Boynton Beach, Florida, where she works at St. Vincent de Paul Regional Seminary. Sister Sarah serves as the Director of Field Ministry and is part of the Formation Team for priestly formation. She collaborates with mentors who supervise the seminarians in ministry service in public service programs, religious education, youth ministry, adult education, hospital and hospice care, prison and juvenile detention placements. She also is available for spiritual direction for members of the Lay Faithful.



**Sister Ann Frances Thompson FSE,** MA, MT-BC, is currently missioned to Lewiston, Maine, where she has four part time jobs. She is the music therapist for Andwell Hospice, a private non-profit agency serving the State of Maine. She also is the primary Therapeutic Carriage Driving Instructor at Riding to the Top in Windham, ME, a PATH premier center for therapeutic horseback riding and driving. Lastly, she is a Behavioral Health Professional working for R.I.S.E., a private for-profit agency serving Maine Care children with disabilities in their homes. Another little side job: she teaches the priests of the Prince of Peace Roman Catholic Parish of Lewiston, ME, piano lessons. For fun, she is a member of the parish Handbell Choir.



# VOLUNTEER OPPORTUNITIES AT THE LOWELL CAMPUS



*"Volunteer work is always outward-bound, an open heart, an outstretched hand."*  
-Pope Francis, November 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: 9:30 am-Noon June 14, August 9, September 13, October 11, November 8

Please go to [www.lifeprocesscenter.org](http://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 18, August 11, September 15, October 1

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

## Corner of Creation

Meet with our land managers to establish a 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 Stephanie DeByle [sdebyle@lifeprocesscenter.org](mailto:sdebyle@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 2025 Environmental Education Program. If you are interested,

please contact Stephanie DeByle [sdebyle@lifeprocesscenter.org](mailto:sdebyle@lifeprocesscenter.org). Background Check and Virtus Training are a prerequisite for approval.

## Center Volunteers

**Laura Stancroff** has been a Franciscan Apprentice, a lay order of the Franciscan Sisters of the Eucharist, for over 25 years. She has helped with many workdays and other events the Sisters sponsored. Recently, she volunteered in the Environmental Education program.



### Describe the volunteer work you do for the Center.

I help Sister Mary Paul Moller, FSE with the Environmental Education program. Fifth graders cook meals each session and I help the kids prepare the food, set the tables, and clean up. We also introduced a card making class this past year, and I facilitated it. Some of the kids had never made cards, and they really seemed to enjoy the creative process.

### What do you like about helping the Sisters with their mission?

I enjoy relating with the Sisters because they have an authentic voice in a world that has a lot of questions. It's nice to have a place to land where you're always going to have honesty and clear teaching about our faith. The Sisters also inspire me.

## CALENDAR HIGHLIGHTS

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



### Beyond Words – An Icon Writing Workshop

July 14-18, 9 AM – 5 PM

Local artist and iconographer **Diane Hamel** will lead a weeklong icon workshop. Participants will learn about and complete an icon of the Prophet Elijah. Diane will gently lead the students through a step-by-step process using demonstration and instruction. All supplies will be provided and are included in the cost of the workshop. Cost: \$650. Go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) to learn more.



### Grand Rapids Gallery

Artist **H.J. Slider** takes distressed and discarded items and reclaims and repurposes them into a story-telling narrative similar to the process used by children in their artmaking. Her work will be shown at the Guardian Gallery, Grand Rapids June 10 -through September 30.

**The Guardian Gallery**, Grand Rapids, is open Tuesdays and Thursdays, 9:00 am to 4:00 pm.



REGISTRATION IS OPEN!  
Saturday, October 4th 2025

11<sup>TH</sup>  
ANNUAL



FRANCISCAN  
RHYTHMS  
TRAIL  
RUN &  
WALK

All proceeds support the music therapy  
& land programs

[runsignup.com/trailrun2025](https://runsignup.com/trailrun2025)



CALLING ALL  
VOLUNTEERS!



Looking for a fun way to complete service hours  
over the Summer? Or want to serve others?

We have an opportunity for you!

We are looking for volunteers ages 13 and up to  
help with our summer programming for kids  
ages 6-12

Call to volunteer (616)897-7842

**Orientation Sessions:**

Thursday 1-3pm July 17th

Friday 9-11am July 18th

**\*You must attend one of the orientation  
sessions in order to volunteer**



Franciscan Life Process Center

# 2026 Beggar's Bell Bash

Wednesday  
June 17th 2026

6p.m. • Lowell Campus



Van Haren Electric Inc.

CONTRACTING • ENGINEERING • SERVICE



THE  
Brothers  
THAT JUST DO  
Gutters

# 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

**Want to help?**  
*Scan code to to  
donate online.*



**Thank you!**

 @FranciscanCenter

 @franciscanlifeprocesscenter

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



**Lowell Campus – 11650 Downes Street**



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