



Hope: Springing into the Future



Franciscan Life Process Center

TROUBADOUR SPRING 2017

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.

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“Christ is the one who renews every wonderful thing of the Creation; He’s the reason of our hope.”

Pope Francis,
October 29, 2013

Art Program Grows

The Franciscan Life Process Center has supported the arts since its beginning in 1991. Kathy Bechtel, art director, was hired three years ago to build on the foundation laid by previous art directors, Sandy Jackoboice, John Knight and Casey Cornwall. Kathy says, “Our goal was to offer three to five day art workshops led by nationally known artists with a long term goal of making the FLPC a premier retreat center for artists in the Midwest.”

Kathy and the Center are achieving that goal. “More and more, artists look to the Center as a place they can grow in their ability and knowledge of both style and craft,” states Kathy. “Good conversations about the Center, the instructors who teach here, and the artists who attend our workshops are being heard on a national level.” Furthermore, several well known instructors have asked to return to the Center because they enjoyed their experience here.



Kathy finds instructors who are classically trained in various media and styles. This year, for example, the Center is offering its first workshop in abstract art.

The visiting art instructors make it possible for our local artists to study right here in Lowell rather than travel to the East Coast or Arizona for instruction. Some recent workshop attendees also came from outside West Michigan including Chicago and Ann Arbor.

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Students Integrate Environment and Academics

Students in one group tromp through the fields with binoculars swaying around their necks looking for sandhill cranes, juncos, and other birds. Meanwhile, the sounds of giggles and delicious smells float through the air as another group bakes yeast breads in the kitchen. A third group arranges beans, seeds, and other objects from nature to complete an art project. It is a typical day at the Franciscan Life Process Center Environmental Education Learning Program.

Fifth grade students from Immaculate Heart of Mary School in Grand Rapids come to the Center for a full week three times a year. The Environmental Education Learning Program integrates their “regular” curriculum with experiences with nature on the land. Math lessons involve using personal measurements

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News Around the Center

The **Franciscan Friends** are always busy working on projects and items to donate to various organizations. This winter, music therapist, Lindsey Perrault, asked the group to sew quilts for four classrooms in Muskegon. The quilts will be used during relaxation time in the Early

Childhood and Autism classrooms at Marquette and Nelson Elementary schools. In the past the friends have donated weighted vests and blankets to these same classrooms.

Terryberry Gallery at St. Cecilia Music Center hosted an art show, "The Best of the Franciscan Artists" from April 1 to April 29. Mediums

represented included pastel, watercolor, acrylic, oil and charcoal and the style of artwork ranged from realism to abstract art. This group of dedicated artists get together on Wednesdays at the Lowell Campus to work hard at what they love, to inspire each other, and to grow wonderful friendships.

The Center celebrated the close of Catholic Sister's Week with a **HOPE inspired**

breakfast on March 14. Professional women and Catholic sisters from all religious orders having a presence in the greater Grand Rapids area were invited to join in the celebration. Sister Colleen Ann Nagle, FSE, and Mother Shaun Vergauwen, FSE, Mother General of FSE, offered reflections and insights about women and their contributions.

Bishop Walkowiak shared biblical references in which women played a remarkable role. He closed the session with prayer.

Music therapist, **Lindsey Perrault**, had an opportunity to work with GVSU student **Melinda Hoholik** for her honor's project. Melinda observed a one-on-one client with autism for four months. Her project ended with a final observation, family interview and therapist interview. She then presented her research study, "A Look into Music Therapy Strategies for a Child with Autism Spectrum Disorder (ASD): A Single-Case Study" to the FLPC staff in February. Melinda has officially been accepted into the occupational therapy graduate program at GVSU for the fall of 2017 and looks forward to collaborating with music therapists throughout her career as an occupational therapist.



Once a Month Kitchen

Strawberry Jam Making - Tuesday, June 6, 6:30 - 8:30 pm

Lowell Campus

Enjoy the flavor of fresh strawberries throughout the year by learning to make strawberry jam.

Cost: \$30 which includes a \$10 supply fee.

Once a Month Kitchen returns in the Fall. Watch for the information about Harvest Pie Making, Gluten Free Baking and other Bread Baking Classes in the FALL edition of the Troubadour.

Students Integrate Environment and Academics (cont.)

to determine distance and using fractions while cooking. Students gather data about birds they study in the field and incorporate that information into their written reports. Spelling word lists are generated from their weekly studies. In addition to their daily prayers, students use the Rosary Walk to pray the rosary, and they meditate in the Chapel using weekly Gospel readings.

Sister Mary Paul Moller, FSE, marriage and family therapist and school counselor at IHM, coordinates and teaches in the program. Sister states, "The students seem to slow down and enjoy learning as they connect with nature. Because of the variety of activities, they also begin to see themselves and their classmates differently. They demonstrate God given skills that may not always be seen in the regular classroom."

What do the kids think about "school" at the Center? "I get to go on hikes and play games that teach teamwork," states one student. Another adds, "We get to do morning chores like feeding the cows, horses, and the rabbits!" A third joins in, "We learn a ton about animals and cooking and the land and we have so much fun doing it!" "Somehow you feel closer to God," chimes in a fourth student.

Yes, it is a good day at "school" at the FLPC.

If you'd like more information about the Environmental Education Learning Program, please contact Sister Mary Paul Moeller, FSE, at smpmoeller@lifeprocesscenter.org or 616-897-7842.



Mark Your Calendar for a Year of Enriching Events

Community Workdays: Second Saturday Monthly, March through November, 9:30 to Noon

Lowell Campus

Join us for work on the farm while you enjoy the peace and beauty found on the land. Activities take place in the morning followed by a communal lunch. Work days are open to individuals, families, and church and business groups.

If there is a question about weather, call 897-5220 the day of the event.

Music Recitals: Sunday, May 21, 1:30 pm and 4:00 pm

Lowell Campus

Students from both campuses will share their musical talents with family and friends. A reception will follow each recital.

Brew - B - Que 2, a Beer Pairing Dinner: Thursday, June 1, 6:30 - 8:30 pm

Lowell Campus

Enjoy a beautiful evening on the land as you sample seasonal beers from Taylor Remy and *New Holland Brewery* and summertime foods from Mike Saladino and *Saladino Smoke*. Proceeds from this event benefit the Center. Cost: \$40

To register, please go to www.lifeprocesscenter.org and click on Events.

Bowl-a-Rama: Thursday, August 3, 5:30 - 9:00 pm

Northfield Lanes, 2222 Plainfield Ave., NE Grand Rapids, MI

Please contact Sister Colleen Ann Nagle at scanagle@lifeprocesscenter.org or call 616-897-7842 for more information.

HARPFest 2017 Harp Blessings: Simplicity, Beauty and Elegance - Friday, August 18 through Saturday, August 19

Lowell Campus

"Making it complicated is easy. Keeping it simple is an art." This statement describes the underlying philosophy of Angi

Bemiss, our guest clinician for HARPFest 2017. When her husband surprised her with a harp (and lessons), Angi, who had been involved in music for years, realized that she would have the opportunity to quietly serve others with the peaceful and unique sound that comes from its strings. A Certified Music Practitioner since 1998, she has provided thousands of live therapeutic music hours to those in need.



Please go to www.lifeprocesscenter.org and click Events to learn more.

Memorial Service and Planting: Thursday, September 14, 4:00 pm

Lowell Campus

You are invited to join us as we remember loved ones who have died in the past year. Please call Barb Porter at 616-897-7842 if you would like to remember a loved one with flowers, bushes, or trees. Donations appreciated.

Franciscan Rhythms 5K Trail Run: Saturday, October 7, 9:00 am

Lowell Campus

To register for the Run/Walk, please go to www.lifeprocesscenter.org and click on the Events tab.

LIFefest: Wednesday, October 11, 5:30 to 7:30 pm

Loosemore Auditorium, Richard M. De Vos Center, Grand Valley State University, 401 West Fulton Street, Grand Rapids, MI 49504-6431

Please attend Franciscan LIFefest, an event that celebrates our programs and supports their continuance. For more information, please contact Sister Colleen Ann Nagle at scanagle@lifeprocesscenter.org or call 616-897-7842.

Art Program Grows (cont.)

Because the Lowell Campus is designed as a retreat Center, the workshop instructors and the attendees benefit from the surroundings. Kathy states, "Both instructors and attendees find that the nurturing atmosphere supports artists and their work. While they work hard during their time here, they leave invigorated and renewed." She continues, "And those feelings are what causes artists not only to return to the Center but also to encourage artists to attend our workshops."

Four of the 13 workshops offered this summer include Qiang Huang, "Still Life Painting in Oils," Marc Hanson, "Exploring Your Painting Skills in Open Air," Mark Daniel Nelson, "Image to Abstract," and Roger Dale Brown, "The Process Of Creating Plein Air Paintings." The 2018 workshop schedule is near completion, and Kathy is working on the 2019 line up.

Please go to our website, www.lifeprocesscenter.org and click on Events or contact Kathy Bechtel at kbechtel@lifeprocesscenter.org for more information.



FertilityCare Corner

Georgia Schmitz, BSN, FCP, RN

Did you know that research shows that couples who use fertility awareness methods for achieving and avoiding pregnancy have divorce rates of less than 3%? More and more couples feel confident in using the Creighton Model FertilityCare system as their fertility awareness method.

The next FertilityCare Introductory Session will be held on Thursday, July 20 at 7:00 pm at the Lowell Campus. Cost: \$55. Contact Georgia Schmitz at gschmitz@lifeprocesscenter.org or call 616-481-9699 for more information.

Additional Events at the Center

Music Grooves - Music Therapy Groups for Children with Special Needs: Wednesdays, June 21 through August 2 (no session July 5)

Grand Rapids Campus

Children with special needs are invited to our Grand Rapids Campus for music therapy groups which will use fun and motivating interventions to work toward therapeutic goals such as social interaction and communication. Parent participation is welcomed!

Groups offered 2:00 to 2:45 ages 5 - 9,
3:00 - 3:45, ages 10 - 15

Cost: \$120 for six week session

Day Camps: Integrated Experience of the Natural World for Children ages 5 - 12

Lowell Campus

Join us at the Lowell Campus for an integrated experience of the arts and the natural world with a special focus on group interaction and creativity, building cooperation, problem solving and conflict resolution skills.

Camps run from 9:00 - 2:30.

Cost: \$150 per week

Animals Wild and Tame (ages 8 – 10): June 26 – 30

Children and animals are natural partners. This camp will provide ample opportunity for children to interact with all kinds of critters while learning about their habitat and unique characteristics.

Art from Nature (ages 7 – 12): July 31 – August 4

Children will explore a variety of art media and techniques such as sculpture, painting, and weaving utilizing things found in nature.

Rockin' n Rollin' (ages 10 – 12): August 7 – 11

This rocky "hands-on" theme will integrate the arts, age appropriate activities, and an exploration of history through rocks and fossils.

Special Day Camp for Special People, Integrated Experiences for the Natural World: August 18 – 19

Children with special needs are invited to this sensory summer camp that includes music therapy, adaptive art activities, and nature experiences. Its purpose is to provide a safe place for fostering social interaction with peer groups and developing creativity and cooperation through structured play experiences.

Camp runs for 9:00 am - noon. Cost: \$100

Carriage Driving Horse Camp: June 19 - 23 OR July 24 - 28 OR August 14 - 18

Lowell Campus

Learn how to drive a horse and cart! Using miniature horses, campers between the ages of 8-18 will have daily classes in horsemanship, harnessing and carriage driving. Classes will be individualized and tailored for each student, depending upon any previous horse experiences they have had or not had in the past. Campers will demonstrate to families and friends what they have learned in the course of their week during a small horse show that will culminate each camp.

Camp runs from 9:30 am to 2:30 pm.

Cost: \$289.00 per week

For more information about all of these camps, please visit our website, www.lifeprocesscenter.org and click on "Events."

Coming this fall!

FLPC Eco-Retreat, October 8-13, 2017

Young professionals, ages 21–35 are invited to join us for this first-ever eco-retreat retreat with experiences of the "simple life" on the land of the Franciscan Life Process Center and nearby farms and conservation areas. Activities will include harvesting, canning, hiking, pie-making, bread-baking, spiritual conferences; time to disconnect and "re-enchant" your relationship with God, others, and nature. More info coming soon!

Awareness, Gratitude, and Imagination: An Ignatian Writing Day for a Healthy Soul with Vinita Wright October 13 - October 14

Lowell Campus

Through a variety of writing exercises, group discussion, silence, movement, and time alone, participants will experience sharpened awareness of God's presence in daily life. They will explore multiple aspects of gratitude and use imagination as a prayer, and a playful way to ask, "What's next?"

Vinita Hampton Wright has been a book editor in the religion market for 26 years. She is the author of numerous books, including Days of Deepening Friendship, The Soul Tells a Story, The Art of Spiritual Writing, and the novel Dwelling Places.

Fiddler on the Roof, Revisited

Isaac Postma is about as regular of a tenth-grader as one can be. He does what most 16 year olds do: he's a member of the football team, he enjoys video games, listening to music, singing, hanging out with his friends, and getting involved in his high school drama program's spring musicals. Isaac also happens to be diagnosed with Spinal Muscular Atrophy, which means he has limited voluntary movements. But he doesn't let that get in the way of life or define whom he is.



Isaac participated in this year's production of *Fiddler on the Roof* at South Christian High School, which was a wonderful success. He says, "The experience was fun and enjoyable, but the long days made me tired." Isaac uses a specially designed wheeled cart for mobility. In previous years, Isaac's cart was even incorporated into the set design. This year that was a challenge due to the historic context of the setting. His older sister, Jillian, a senior, took on much of the responsibility for moving Isaac on and off the stage. Isaac said his favorite scene was the dream scene. "I really liked the way I was moved around the stage for that scene".

Isaac comes to the Franciscan Life Process Center for weekly music therapy sessions with Eric Busch, MT-BC. His sessions are a safe place to explore feelings and improve his quality of life through making music, self-expression and making choices, giving Isaac a chance to feed his mind and spirit.

Know the Franciscans

Sister Margaret Dahl, FSE

"I've always taught piano wherever I've lived, but I've also worked in two banks, been an agent for the Washington State Ferries, managed a general store and worked for the State of Idaho in the Department of Employment," said Sister Margaret Dahl, FSE. "Each one," Sister continued, "gave me practical experience in the business world."

Sister Margaret was born and grew up in Spokane, Washington. "My parents, older brother, younger sister and I traveled throughout the West visiting the Canadian Rockies, the Pacific Coast, Glacier Park and other places." After graduating from high school, she entered religious life and graduated from Idaho State University in Pocatello, Idaho with a Bachelor of Music Education degree. Sister then moved to New York City and earned a Master of Arts in Musicology from City University of New York, and, at one point, she taught over 65 piano lessons weekly. During this time, she was asked to become assistant to the treasurer of the Franciscan Sisters of the Eucharist, so she began and eventually completed a night school program at the University of Minnesota-Duluth in accounting.



In 2011, Sister Margaret became the financial manager for the Franciscan Sisters of the Eucharist which includes the Franciscan Life Center Network. The Network operates ten centers worldwide. Her accounting and financial background along with her life experiences make her uniquely qualified to align the Franciscan Life Network strategies with investment options as well as overseeing all of the accounting practices.

Sister Margaret balances her work in the business world with her expertise in sewing, knitting, and crocheting. Through these activities, she finds time to relax while the community and friends benefit from her skill.

Last year, Sister Margaret celebrated her 50th Jubilee as a Franciscan Sister of the Eucharist. "It doesn't seem possible. Time passes so quickly!"

To learn about some of the other Franciscan Sisters of the Eucharist living in Lowell, please follow us on Instagram or like us on Facebook.

Men's Summer Retreat

Lowell Campus

Men from the Diocese of Grand Rapids are invited to the Lowell Campus on July 19 from 9:00 - 5:00 for a one day retreat. Led by Msgr. Gus Ancona, this special day includes presentations, meditation and prayer time, Confession, and Mass.

Transportation from Immaculate Heart of Mary Parish (IHM) in Grand Rapids has been arranged if needed

To register, go to www.lifeprocesscenter.org and click on "Events."



Dedication of Laudato Si' Sanctuary

Lowell Campus

The *Laudato Si'* Sanctuary is a restored prairie on the Lowell Campus. In the summer it will be alive with many native species of prairie wildflowers in bloom. The prairie, which was started two years ago by Joseph Trenshaw as an Eagle Scout project, will be named and dedicated on July 27 at 4:00 pm. The Franciscan Sisters are dedicating the Sanctuary to Sister Mary Ann Schmitz, FSE, in gratitude for her oversight of the project and her many years of dedication to the land. The public is welcome to attend.



Troubadour

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Bowling Shoes Ready?

Northfield Lanes, 2222 Plainfield Ave., NE Grand Rapids

Join us at Northfield Lanes for the 8th annual Bowl-a-Rama. Gather family, friends or office staff on Thursday, August 3 from 5:30 to 9:00 pm. Purchase a lane for a team of six people, and you'll enjoy bowling, delicious food, a team photo, and a team t-shirt. Proceeds from this event support Center programs.



Please contact Sister Colleen Ann Nagle at scanagle@lifeprocesscenter.org or for more information.

Center Prepares for 3rd Annual Trail Run/Walk

Lowell Campus

Musicians are tuning up! Trails are being prepared! Are you getting ready for the Third Annual 5K Trail Run/Walk on October 7, 2017? The Franciscan stew, the bread, the t-shirts and the kids' run will all be back, AND we've added a 10K Run. Register today! Cost: \$30

To register, please go to www.lifeprocesscenter.org and click on the "Events" tab.

