



*Partner with us as we
Bridge into the Future*



Franciscan Life Process Center

TROUBADOUR

FALL 2016

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.

This Issue of Troubadour

- Franciscan Rhythms 5K.....1
- Center Focuses on Development..1
- News Around the Center2
- New Staff.....2
- Mark Your Calendar.....3
- FertilityCare Corner.....3
- Additional Events4
- Retreats in 20174
- From the Art Director.....5
- Retreat Schedule 2016-2017.....5
- LIFEfest 2016.....6
- CEU Class Offered6
- Roots Will Rock6

Join Us for the Second Annual Trail Run/Walk!

The second annual Franciscan Rhythms 5K Trail Run/Walk will be held on Saturday, October 1 at 9:00. Like last year, participants will follow the trail through fields, woods, and the apple orchard and be encouraged by live music along the way. Upon finishing, participants will enjoy Franciscan Stew and freshly made Franciscan Bread. "Last year's run was very successful, and we plan to build on that success this year," states event coordinator Gerrie Murray. "We've added a fun run for children ages 3 - 10 before the race and people can pre -order Franciscan Bread to purchase on the day of the race."

The purpose of this run is to raise money for the Music Therapy Scholarship Fund. Families who have children with special needs usually need extra services. They often experience much stress, not only because of the cost of the services, but also because of the time commitment that is involved. The Center hopes to relieve some of this stress through our scholarship fund. As a result, the FLPC provides over \$5500 per month in scholarship assistance.

Please join us on October 1. If you're not a runner, consider being a volunteer and, of course, donations/sponsorships are always appreciated. Go to lifeprocesscenter.org to register, to learn more about volunteer or sponsorship opportunities, and to pre-order Franciscan bread.



Center Focuses on Development

Sister Colleen Ann Nagle, Director of the Franciscan Life Process Center, is pleased to announce the hiring of Cheryl Rosloniec as the Development Director. Cheryl will raise scholarship funds for each program as requests continue to grow. She will also work to increase the size of the endowment fund as well as furthering our relationships with our donors who are an integral part of the Center's future growth.

Cheryl is transitioning to the non-profit sector after a long career at Amway Corporation. She served in a variety of roles during her 34+ years at Amway but most recently as the Vice-President of I.T. Development and Deployment. Through her global exposure and leadership positions, Cheryl has built a passion for planning, organizational development, quality of product and meeting the needs of the 'consumer'.



Cheryl received both her Master of Management (M.M.) degree and Bachelor of Science in Business Administration from Aquinas College. She also completed a custom executive education program at Thunderbird School of Global Management designed to provide the next generation of Amway executives with tools to lead and manage within the global organization.

A life-long "west-sider" of Grand Rapids, Cheryl is a parishioner of Sacred Heart of Jesus Parish. In her free time, she enjoys family time with her numerous nieces and nephews, follows and attends as many Notre Dame football games as possible and loves to travel both domestically and internationally. Her favorite "relaxing" venue is Hawaii, and her all around favorite place (so far) is Hong Kong.

"Before all else, the Gospel invites us to respond to the God of love who saves us, to see God in others and to go forth from ourselves to seek the good of others."

Pope Francis, *Evangelii Gaudium*: The Joy of the Gospel

News Around the Center

In Fall 2014, Eagle Scout Joe Trenshaw prepared a half acre of prairie grass under the direction of Christine Baer, an Audubon member. By the following year, the blooms were spectacular and plans are in place to expand the area this fall.



The seminarians of the Diocese of Grand Rapids gathered for three days at the Lowell Campus in August. They shared their energy and their prayer time as well as a celebration of the vigil of St. Clare that included a delicious Italian dinner with the Sisters.

Children enjoyed integrating experiences of the arts and the natural world while learning group interaction, cooperation, problem-solving and conflict resolution skills at the **Day Camps** held at the Lowell Campus this summer.



This fall, music therapist Erin Epp will begin PhD studies at the Nordoff-Robbins Center, University of London. Her research explores the dynamics of musical performance with vulnerable populations, particularly those with special needs. Erin will continue to work part-time for the FLPC and travel to London several times each year.

The sounds of laughter and pins crashing filled Northfield Lanes during **Bowl-a-Rama 2016**. Special thanks to Casey Jones and those who participated to raise money for the Scholarship program.



Led by Msgr. Gus Ancona, 45 men spent the day on retreat at the Lowell Campus. In addition to presentations by Msgr. Ancona, the men used the Rosary Walk, the Stations of the Cross and the Chapel for prayer and reflection.



"Give me four notes." With this simple request, Frank Voltz led the **HARPFest 2016** workshop attendees into the process of composing a piece of original music for the harp. In the next hour, as the group decided on a melodic theme, rhythmic structure and harmonic voicing, "Michigan Mist" evolved. Two days later Frank emailed the formatted piece to everyone, ready to be

played and shared with others. This "Inspired Composing" Class was a culmination of study in previous workshops that he gave, especially "Cool Chords You Can Use" and "From Start to Finish, Introductions, Interludes and Endings."

Attendees of **Brew-B-Q** enjoyed delicious food from Saladino Smoke paired with tasty beers from New Holland Brewery during our spring beer pairing dinner.



Other groups that spent time at the Center this spring/summer:
St. Robert of Newminster Women's Retreat
St. Jude/St. Stephen Middle Schoolers

Progressive and Alternative Training for Healing Heroes (PATTH)
St. Paul the Apostle Youth
Alphorn Retreat
Staff of Gilda's Club
St. Stephen Parish Staff
Our Lady of Consolation Parish Staff
Catholic Scouts Retreat
Catholic High School Administrators
The Right Door for Hope, Recovery and Wellness
KISD Leadership Academy
Bike Across America bicyclists
Lincoln School Vocational Skill Group
Pinegrove School Vocational Skill Group
St. Anthony of Padua Parish Staff
Catholic Central Juniors
Rockford Montessori
St. Patrick, Parnell Service Day
Ada Christian School Kindergartners
Eagle Scout Honor Court
Sacred Heart 1st Communion and Confirmation groups
St Anthony Parish Staff, Saranac



We'd love to have your group use our facilities, but space availability changes daily. Call today!

New Staff

Lissa Fuller is a North Carolina native who has lived in the Grand Rapids area for 10 years. Married for 31 years, she has three children and one infant grandson with whom she spends many joyful hours! She is also active in volunteering with her therapy dog, Pavlov. It is her passion to bring God's love, comfort and joy to people through the gentle ministering of animals, who can sometimes show God's love better than humans can! She is excited to start her position as receptionist at the Lowell Campus this fall.



Ivan Plews joins the staff as the evening receptionist at the Grand Rapids Campus. Ivan is currently a student at Aquinas College, majoring in the field of psychology.

Emily Dodd is a native of Huron, Ohio and is completing her music therapy degree from Eastern Michigan University as an intern with the FLPC. She has experience working with children and young adults with special needs as well as patients in hospice and those with Parkinson's disease. A few of her other interests include performing in musical theatre, leading praise and worship, songwriting, traveling, and spending time outdoors. Emily is very excited to join this team as an intern and looks forward to gaining professional experiences as well as making lifelong connections.

Amber McDaniel is a Music Therapy Intern for the Fall 2016 and completed her coursework at Western Michigan University. Through her practicum experiences at Western and by volunteering, she has worked with various ages and populations including children with special needs, geriatrics, adults with disabilities, and young adults with traumatic brain injuries. Amber has also taught children and adults piano lessons for over six years. In the future, she aspires to develop a Music Therapy program in West Michigan to aid in the rehabilitation process for those rescued out of human trafficking. Amber enjoys playing the piano and guitar for two churches and recently returned from her honeymoon in Costa Rica.

Brittany Zukowski is an intern graduate student in the Counseling Education and Counseling Psychology Program at Western Michigan University (WMU). She achieved an associate degree at Grand



Brittany, Emily and Amber

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.

Franciscan Rhythms 5K Trail Run/Walk: Saturday, October 1, 2016, 9:00 am

Lowell Campus

To register for the Trail Run/Walk or to volunteer, please go to [lifeprocesscenter](http://lifeprocesscenter.org)

LIFefest 2016: Bridging into the Future, Wednesday, October 19, 2016, 5:30 - 6:00 pm gathering, 6:00 - 7:30 pm event

Bridgewater Place, 333 Bridge St.. NW, Grand Rapids, MI 49504

Tickets are \$60/general and \$150/sponsor

This event is a major fundraiser for the Center. Please contact Gerrie Murray at gmurray@lifeprocesscenter.org for more information.

Hops and Harps Beer Pairing Dinner: Thursday, November 10, 2016, 6:00 - 8:30 pm

The Knickerbocker Brewpub and Distillery, Bridge St. NW and Broadway NW, Grand Rapids, MI

Join us at New Holland Brewery's newest establishment, the Knickerbocker, to pair your favorite beers with your favorite pub foods as you enjoy the lively sounds of Celtic harp music.

Cost: \$35 per person

Please go to lifeprocesscenter.org.

Annual Appeal Drive: November 1, 2016 - January 31, 2017

Our annual appeal is a way for you to support the many programs and services offered by the Sisters and staff of the Franciscan Life Process Center. Watch for our mailing in early November. To donate online, go to our website and click on the "How to Help" tab. Thank you!

Lenten Lunches and Prayer Experience: Wednesdays, March 8, through April 5, 2017, Noon - 1:00 pm

Lowell Campus

Lunches include soups donated by area restaurants, bread baked by our Franciscan volunteers, and applesauce made from apples grown on our farm. A Lenten prayer will be offered at 12:45. Donations appreciated.

New Staff (cont.)

Rapids Community College, a bachelor's degree in psychology at Grand Valley State University, and a master's degree in psychology at University of Phoenix. She anticipates graduating from her current program in April, 2017 with a second master's degree in marriage and family counseling. She will then work toward earning her License as a Marriage and Family Therapist. She has experience as an adjunct professor with Miller-Motte Technical College in Clarksville, Tennessee and has volunteered as a mentor at LEAP Org. She is interested in working with couples, children, families, and individuals. Brittany and her husband live in the Rockford area with their chocolate lab named Nestle and a tabby cat named Twix.

Noto's 2017 Charity Winefest: TBA

Noto's Old World Italian Dining, 6600 28th St, SE Grand Rapids, MI

The Franciscan Life Process Center and several other local charities will benefit from Noto's Charity Winefest. In addition to appetizers, Italian food and desserts, the event features over 300 wines, live music and the opportunity to purchase wines at a discount.

Look for date and ticket information in the Winter Troubadour.

Music Recitals: Sunday, May 21, 2017, 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.

Beer Pairing Dinner: Thursday, June 1, 2017, 6:00-8:30 pm

Lowell Campus

Enjoy a beautiful evening on the land as you sample seasonal beers and foods.

Cost: \$35

Bowl-a-Rama: Thursday, August 3, 2017, 5:30 - 9:00 pm

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

Enjoy an evening of fun with friends, family, or office staff and support the Franciscan Life Process Center, too! Purchase a lane and a team of six people will enjoy bowling, delicious food, a team picture and a team t-shirt. All proceeds benefit the Franciscan Life Process Center.

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

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: Harp Blessings – Simplicity, Beauty and Elegance. 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.

FertilityCare Corner

Creighton Model and Joy?

By Georgia Schmitz, BSN, FCP, RN

Instruction in the Creighton Model extends beyond teaching couples days of fertility and infertility to achieve or avoid pregnancies. As a FertilityCare Practitioner (FCP), I'm humbled to walk with couples sharing in their **joy** through FertilityCare instruction. Over the past few months, the **joy** of announcing pregnancies has been shared with me from four couples experiencing infertility, some of whom have struggled for years to conceive. I've been privileged to witness to the **joy** the Creighton Model brings to married life while instructing engaged couples preparing to use this method of family planning in their upcoming marriages. Even greater is the **joy** expressed between married couples working to integrate their sexuality with daily life experiences. By far, the greatest **joy** comes in the simple knowledge that the miniscule role I play in teaching these couples the Creighton Model enriches their vocational call to marriage and strengthens family life. What great **JOY!**

If you are interested in learning more about the Creighton Model, the next introductory class will be held on Wednesday, October 5, 2016 at 7:00 pm at the Lowell Campus.

Additional Events at the Center

Roots Will Rock, Mondays, starting September 12, 2016, 5:30 - 7:00 pm

Grand Rapids Campus

Roots Will Rock is a group music class that provides teens with an opportunity to interact with working musicians Pete Muszkiewicz and Sam Parks to learn, create, and collaborate and perform music they choose.

Cost: \$25 per semester. New members always welcome.

For registration information, contact Fredna Rayford at frayford@lifeprocesscenter.org or (616) 647-5257.

Franciscan Artists, Wednesdays, 9:30 am to 3:00 pm

Lowell Campus April - December
Grand Rapids Campus January - March

Please join us every Wednesday from 9:30 am to 3:00 pm. Both aspiring artists and practicing artists are welcome. This is an open studio time of sharing and making wonderful friendships with artists that have years of experience and interests in art which are completely diverse. Bring your own materials. The Center provide easels and tables. Kathy Bechtel, art director, brings in speakers for demonstrations. She also arranges off campus sites to plein air paint.

Please join us each week and grow in your passion! Contact Kathy Bechtel at kbechtel@lifeprocesscenter.org for more information.

Cost: \$7.50 per meeting

Franciscan Friends, Fridays, 9:30 am to noon

Lowell Campus

Are you good at sewing, quilting, knitting or crocheting? If so, we would love to have you join us for a time of friendship and creating beautiful things that benefit children and adults in need. We meet every Friday morning from 9:30 AM - noon. This group has no cost.

FertilityCare Introductory Session, Wednesday, October 5, 2016, 7:00 pm

Lowell Campus

This 90 minute presentation introduces the use and applications of the Creighton Model FertilityCare system.

Contact Georgia Schmitz at gschmitz@lifeprocesscenter.org or call 616-481-9699 to register.

Cost: \$55

Harvest Pie Making, Wednesday, October 12, 2016, 6:30 - 8:30 pm

Lowell Campus

In autumn, we celebrate the hard work of spring and summer with the joy of the harvest. Come for an evening of fresh pie making with fruit from the land of the Franciscan Life Process Center.

Cost: \$20 Number of attendees is limited.

Gluten Free Bread Baking - Just in Time for the Holidays, November 3, 2016, 6:30 - 8:30 pm OR Thursday, March 16, 2017, 6:30 - 8:30 pm

Lowell Campus

Switching to a gluten free diet? Wondering how to serve your holiday favorites to gluten free friends and family? Come to our Lowell Campus to enjoy an evening of baking using gluten free flours and techniques so you will be prepared to go gluten free for any holiday get-together.

Cost: \$20 Number of attendees is limited.

Bread Baking for Couples, Monday, January 16, 2017, 6:30 - 8:30 pm OR Thursday, April 20, 2017

Lowell Campus

Through the creative process of baking bread, Sister Colleen Ann Nagle, FSE will lead couples through an evening of activity, prayer, and reflection with the goal of creating greater intimacy.

Cost: \$35 Number of attendees is limited.

Watch for the Winter Troubadour for information about our paczki making class on February 27, 2017 and our Springtime Bread Making Class, "The Art of the Orange" on May 10, 2017

Watch for these retreats in 2017

Theology of the Body for Adults

Saturday, March 18, 2017

10:00 am - 3:00 pm

Lowell Campus

Seasons of Care, a Day for Caregivers, Mary Vaccaro

Saturday, April 29, 2017

10:00 am - 3:00 pm

Lowell Campus

Love Will Steer Me True: A Crash Course in Intergenerational Conversation on Faith with Jane and Ellen Knuth

Saturday, May 6, 2017

10:00 am - 1:00 pm

Lowell Campus

Men's Summer Retreat

Wednesday, July 19, 2017

9:00 am - 5:00 pm

Lowell Campus

*For event registration
go to lifeprocesscenter.org.*

From the Art Director, Kathy Bechtel

- Artists from throughout the US visited the Center to learn from master instructors/artists.
- Our 2017 schedule of workshops is set. We are especially excited to welcome plein air artists Marc Hanson and Bryan Mark Taylor. Check out our website to see the full schedule.
- We will offer Make and Take Workshops this fall at our Lowell Campus. These short workshops will help you get ready for Christmas. Participants will pay an affordable price and leave the workshops with a Christmas gift and a new skill. Topics include creating Christmas cards and stockings, making candle centerpieces, ornaments, gift tags and crocheted animals, designing silver jewelry, vinyl floor rugs, silk scarves and market bags, and painting children's furniture.

Don't miss this wonderful opportunity to study with master crafters. Workshops will run every Thursday, Friday, and Saturday starting November 3 and ending December 10.

Art Workshops Fall 2016

- Sept 21 – Sept 24 Kevin Beilfuss - "Figurative Painting-An Intuitive Approach"
- Sept 25 – Sept 30 Sterling Edwards - "Watercolors A-Z"
- Oct 14 & 15, 2016 – Sarah Rehmer - "Intro to Encaustic Painting"
- Oct 28 – Oct 30 Elizabeth Robbins - "Learning To Paint Light And Shadow With Emotion"

For more information about the many opportunities offered by the art department, please go to lifeprocesscenter.org



Retreat Schedule for 2016-2017

At the Heart of Marriage Level II Saturday, November 5, 2016, 9:00 am - 5:00 pm

Lowell Campus

Living a sacramental marriage is a challenging, and in today's culture, a radical way to live in relationship. Using the couple-time and small group format you enjoyed in Level I, this retreat pushes deeper into the practicalities and the mysteries of living your vocational call as married persons. The day is designed to be an enriching pause for you as a couple, and will culminate in the Eucharistic celebration of Mass at 4:00 pm.

We invite all those who attended At the Heart of Marriage Level 1 in 2015 and 2016 to join us.

Cost: \$75

Theology of the Body for Teens, grades 10 - 12

Theology of the Body for Teens, grades 10 - 12, returns to the Franciscan Life Process Center's Lowell Campus. This retreat started because parents wanted assistance with teaching their teens Saint Pope John Paul II's beautiful explanation of sexuality and how to live relationships according to God's design.

This retreat takes place over **three weekends**, November 11 and 12, January 6 and 7, and March 3 and 4. Attendees arrive at 6:00 pm on Friday and stay through Saturday evening until 9:30 pm. Teens need to attend all three weekends.

Cost: \$125

Advent Retreat for Empty Nesters Saturday, December 3, 2016, 9:00 - 5:00 pm

Lowell Campus

Like life, marriages have many stages or seasons. Join us for a day of reflection, conversation and prayer about the time of the married life known as the Empty Nest. Pray, talk and laugh with your spouse

and other couples as you consider what may lie ahead as a new horizon opens in your life.

The day includes lunch and will end with the Sunday Vigil Mass at 4:00 pm.

Cost: \$75.

AT THE HEART OF MARRIAGE - Level I Saturday, February 25, 2017, 9:00 - 5:00 pm

Lowell Campus

You and your spouse are invited to a special day to reflect on and enrich your life as a married couple through conversation, couple time, and presentations. The day will include lunch and will culminate in the Eucharistic celebration of Mass at 4:00 pm.

Cost: \$75

Lenten Series, Wednesdays, March 8, through April 5, 2017, 10:00 am to noon

March 8 - The Art of Forgiveness, Mary and Larry Gerbens

March 15 - O, Crux Ave -- Music under the Cross, Jane VanHouten

March 22 - Lenten Fridays Aren't all about Fish, Fr. Ron Hutchinson

March 29 - The Way of the Cross, Jim Wisniewski

April 4 or 5 - The Polish Decorated Egg: Symbol of the Easter Mystery, Sister Mary Margaret Delaski, FSE

For more information on these retreats, go to lifeprocesscenter.org.

LIFefest 2016: Bridging into the Future

Wednesday, October 19, 2016

5:30 - 6:00 pm gathering, 6:00 - 7:30 pm event

Bridgewater Place
333 Bridge St., NW, Grand Rapids, MI

To celebrate the completion of the first 25 years of the Franciscan Life Process Center programs, the Sisters and the Staff of the Center invite you to join us as we "Bridge into the Future" and launch us into the second 25 years as we offer our programs throughout West Michigan.

This enjoyable evening will offer many opportunities to support the Center's programs. Come to be entertained by Center staff members and delight in foods of the season.

Tickets: \$60/General \$150/Sponsor



Troubadour

Franciscan Life Center Network, Inc. dba
Franciscan Life Process Center
11650 Downes Street NE
Lowell, MI 49331-9489

The Troubadour is published three times a year. To be added to or deleted from the Troubadour mailing list, or to change/correct an address, please call 616 897-7842, or email registrar@lifeprocesscenter.org. Be sure to include the old address and the changes or corrections.



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CEU Class Offered for Music Therapists/Music Educators

Lowell Campus

On Saturday, October 29, 2016, the music department of the Franciscan Life Process Center will host a course on West African Drum and Dance, presented by Leah Ivory. Leah is a well-known local musician who has studied and performed both classical piano and West African drumming extensively. Drumming basics, as well as applications for the school music classroom and music therapy setting will be presented. This course is aimed toward professional music therapists and school music teachers, but is open to the general public. More details will be on our website soon.

Roots Will Rock Resumes at Grand Rapids Campus

Teens ages 13 - 18 are invited to join working musicians and instructors Pete Muszkiewicz and Sam Parks on Monday evenings at our Grand Rapids Campus to learn how to make a band groove at Roots Will Rock, Mondays, starting September 12, from 5:30 - 7:00 pm at the Grand Rapids Campus.

Whether you have experience with an instrument or sing along with your earbuds on, Roots Will Rock is your chance to learn, create, collaborate, and perform the music you like best from the ground up. Players, singers, rappers, and writers of all levels are welcome.

Additional information, is on our website, lifeprocesscenter.org. under "Music Lessons." For registration information, contact Fredna Rayford at frayford@lifeprocesscenter.org or (616) 647-5257.

