

# Troubadour

Newsletter of the Franciscan Life Process Center



## On The Farm

As the colder weather closes in, we begin readying the farm and orchard for the winter. Preparations started back in late summer, when Francis Hunter and Jeremy Butler, two participants with our new Land program, finished up several weeks of work helping site manager Cris Ritsema thin the trees and brush next to our fields. To balance the heavy labor, they also tried their hand at bread-baking, pie-making and even a bit of upholstering. Both were a great help around the Center.

Volunteers from the United Way "Day of Caring" and participants in our LIFE retreat program helped the Sisters bring in the harvest from the garden. After providing a good crop of vegetables and flowers, it's now the garden's time of rest until next spring.

Over at the farm, extra hay has been stacked in the barn. Along with their thicker winter coats, the farm animals will stay warm with extra straw in their stalls. Special winter feed fills the storeroom, plenty for the sheep, goats, cows and horses.

The apple trees are also bare, having been picked by a crew of volunteer students from Grand Valley State University and members of our LIFE family program. Mid-October is harvest time at the Center. Families and students spend a day helping with the chore. Meanwhile, the very young children are entertained with arts and crafts at the Center.

Once the trees are bare and everyone has plenty of apples to take home, the yield is stored in the barn. Then it is time for a communal lunch.

Now the Center awaits the inevitable arrival of winter. We'll be watching the snow fall with the delight of our preschool children, knowing that we've finished our autumn chores.



*Jeremy and Francis*



*Father Luis Granados and the Franciscan Sisters of the Eucharist*

Greetings to all of you as we begin the late fall and early winter season of 2006-2007. With the approach of the New Year, we would like to take the opportunity to thank all for their contributions to the Franciscan Center during the past year, both financially and spiritually.

First, we would like to give a special thanks to Mr. Peter Wege, whose unflinching belief in our goals reaches back to the Center's conception in 1971. His financial support continues to provide a strong foundation for us. Second, we offer our gratitude to the many volunteers who donate so much of their limited time here.



*Peter Wege and Sister Colleen Ann Nagle*



*Sister Valorie Nehl and Volunteer Jack Davidson*

This is an exciting phase of development.

In addition to the year round preschool, the music education and music therapy programs and the art department, the LIFE Retreat program has taken a huge step forward. We are now offering day time, overnight and weekend retreats for individuals, families and groups of all kinds. Times and dates will be listed in upcoming issues of the Troubadour.

In that light, it is our hope that you will enjoy the new Troubadour look and content arrangement. We feel that the expanded format will give you more information about news and upcoming events at the Franciscan Center. Information is also available on our website, [www.lifeprocess-center.org](http://www.lifeprocess-center.org). We are making some changes to the site and more plans are in the works. Please feel free to send us suggestions of things you would like to see us offer as well.

We want to welcome you to the Franciscan Life Process Center at any time. Our regular hours are 8:30 to 5:00 daily. Our art gallery is open daily for public viewing and because of our art programs, the gallery show changes monthly. We do offer music lessons, pottery classes and therapy sessions some evenings, but it is good to contact us before coming in after regular hours.

If you are in a position to give a gift, please either look at the letter I have put on the website for this year's annual appeal under the heading, "Letter from the Director", or wait for the mail, if you are on our regular mailing list. We thank you in advance for your consideration and most certainly for all your prayers.

*Peace,  
The Franciscan Sisters of the Eucharist*



*Country Sonata, 2006, Sing-a-long*

## LIFE fest Fund Raiser Held Despite the Rain

The evening of September 9th may have been a wet and chilly night but inside the huge tent on the Franciscan Center grounds the feeling was one of warmth. Although the attendance was lighter than in the past, fellowship among the attendees continued, making this annual scholarship fund raiser a joyful affair.

In its 18th year, Farm Fest had a new name and look. Now called LIFE fest (Living in the Franciscan Experience), the event had a medieval air. Tent banners hanging from the tent poles and page costumes reminiscent of the Middle Ages were sewn by our talented volunteers. Other decorations included a "Tree of LIFE" and grapevine encircled and fairy-lit poles and stage, plus rose and twig centerpieces in stone-filled bowls on each table. Elegant place settings were further enhanced by the delicious food, specially chosen to be in keeping with the historic period.

Calvin College's Renaissance Consort provided music as guests arrived. After patrons were seated, the Franciscan Sisters entered singing, "The Canticle of the Creatures," followed by Father Luis Granados of Madrid, Spain's invocation. Guest speaker, Sister Agnese Hutchinson, FSE, from Assisi, Italy, shared the history of the Franciscan order from its beginnings in the 12th century.

Auctioneer, Jason Lamoreaux, led the scholarship bidding portion of the program. This year patrons at each ta-

ble combined monies for scholarships. Along with contributions made prior to LIFE fest, the monies will sponsor music therapy and art scholarships, including preschool tuition and music lesson subsidies for families who need financial aid.

between the two organizations. It will be used to support their various programs throughout the year. Plans for next year's Country Sonata are already underway. Come mid-June, St. Cecilia Music Society and the Franciscan Center will again transform the grounds into another spectacular attraction.



Auctioneer Jason Lamoreaux and the Franciscan Sisters of the Eucharist



Guests at LIFE fest, 2006



Kate Hendrick, Briege Hendrick and Adam Birkeland



Paula Sobocinski, Megan Hildebrandt, Diane Meyer, Sandy Lindsey, Miranda Eden and Sister Mary Margaret Delaski

## Music Therapists Find Variety In Their Careers at the Center

For those Franciscan Center staff members who are normally based at the Center, it is often awe-inspiring to watch the comings and goings of the busy Music Therapy department members. They seem constantly on the move with barely a moment to catch their breath. With this in mind, the music staff paused long enough to compile a light-hearted look at "a week in the life of the music therapy department":

- 200 plus miles traveled
- 90 hours of clinical music therapy
- 60 "hello" and "greetings" songs
- 45 pre-school students receiving music therapy
- 36 guitar strings
- 20 private clients
- 10 paddle drums
- 8 stunning renditions of "Twinkle, Twinkle, Little Star"
- 7 nursing home music therapy groups
- 6 schools receiving music therapy in the classroom
- 6 mid-western states represented by our staff members (Illinois, Indiana, Iowa, Michigan, Minnesota and Wisconsin)
- 5 full-time music therapists
- 4 afternoons at Saint Mary's Healthcare
- 2 music therapy interns
- 2 new contracts (Jenison Public Schools and Campus Early Childhood Center)
- ONE AMAZING PROGRAM

## New Year of Learning Begins for Preschoolers

Starting preschool opens up a vast new world. Just has to ask any preschooler here. Recently, the children took a hayride around the farm. They explored the corn fields, trying their hand at peeling corn cobs. A face to face meeting with our cow herd proved quite a surprise to some. Others found the goats and horses more to their liking.

Their latest adventure has been apple-picking. Those not eaten on the spot were brought back to the classroom where the youngsters tried their hand with the apple press. They learned how cider is made and went home with plenty of left-over fruit.

Our 230 acres give the children a truly unique environment for fun-filled learning. Not only do they have the opportunity to make new friends, they can also experience the farm, orchard, wooded trails, gardens, cooking facilities, and art programs. In addition, each day our Center music therapists provide specialized music classes based on age appropriate developmental principles.

Almost 50 children are currently enrolled in either the morning or afternoon sessions Monday through Thursday. Under the direction of instructors Charlie Knudstrup and



Left, Owen Trimble and a New Friend. Right, Budding Artist Lauren Peal



Fredna Rayford, the learning programs is geared to teaching children to think, solve problems, negotiate conflicts, and improve social skills, to create and to learn through process. Ultimately, it prepares the child for elementary school.

Adult volunteers are also needed to assist the instructors. Anyone wishing to help may work one or more mornings or afternoons a week.

Those interested in enrolling a child in our preschool or volunteering, may call 897-7842 for more information.



Left, Music Therapy time at Preschool, right, Thomas Commire at the Farm.



Through Jan. 5 ..... *Beauty from Ashes* Holiday Art Exhibit  
 Dec. 25 – Jan. 1 ..... *Holiday Break* (Center is closed)  
 Dec. 6 ..... *One-day Retreat: Little Portion* (Portiuncula)  
 Jan. 12-Feb. 9 ..... *Weaving* with Jochen Ditterich (Fridays only)...\$50  
 Jan. 19 & 26 ..... *Edible Art: Cake Decorating* with Annette Witte...\$50  
 Feb. 12-Mar. 16 ..... *Weaving* with Jochen Ditterich (Fridays only)...\$50  
 Feb. 16-17 ..... *Introduction to Watercolor* with Kathleen Crane...\$80  
 Feb. 21..... Lent *Lenten Lunches* Beginning noon Wednesdays through March 28  
 Donations Welcome  
 Mar. 3 ..... *Afternoon with the Arts* Benefit Harp Concert...\$15

### ON-GOING

Through June ..... *Open Enrollment - Preschool:*  
 Two sessions available: 9 a.m. to noon; 1 - 4 p.m.  
 Thursday..... *Pottery Class* with Sr. Mary Colman Pyle, 6:30 – 8:30 p.m.  
 By Appointment..... *Individual Music Lessons*, call for details  
 By Appointment..... *Music Therapy Services*, call for details



October's Kathleen Conover Workshop

## Art Workshops This Winter

### Edible Art: Cake Decorating

**January 19 & 26:** Take your culinary skills to another level with the beautiful art of cake ornamentation. With over 17 years of cake decorating experience, our January artist-in-residence **Annette Witte** can definitely be called an “artist” in the culinary world. If you are looking for a perfect antidote for the post-holiday winter blues that will brighten even the darkest winter day, this workshop is for you.

You will learn about moister cakes, frosting recipes, tools of the trade and more. Hone your skills just in time for Valentine’s Day. Limited class size for this two-day workshop so sign up early. **Fee: \$50 Recommended for all level students.**

### Introduction to Watercolor

**February 16-17:** If you’ve always wanted to learn to paint with watercolors or just desire to refresh your skills, artist-in-residence Kathleen Crane is the perfect teacher. An accomplished artist and art educator whose beautiful images of Florida and Michigan display her mastery of watercolor techniques, Kathleen will guide students through the painting process from start to finish.

Students will begin with basic composition, paper preparation, color mixing and paint application. Later they will further experiment with pigment as well as color lifting, etc. Some drawing and painting experience is helpful but not necessary. **Fee: \$80 Recommended for all level students.**

## One-Day Retreat Offered As part of LIFE Program

### Amazing Acrylics

As part of the Franciscan Life Process Center’s newly organized programs entitled, **LIFE (Living In the Franciscan Experiences)**, the Center will host a one-day retreat on December 6th. Called “Little Portion” (Portiuncula), this day will provide the opportunity for participants to revisit another aspect of their faith. It is a continuation of this fall’s Little Portion programs, each one focusing on a different truth. The title of December’s program will be, “The Mystery of Advent.”

The program’s concept comes from St. Francis’s beloved church outside of Assisi called *St. Mary of the Angels*. He lived there with his first followers, and referred to it as the “little portion” given to them by God. Each year, even as their number increased to the thousands, the entire Community would gather at this Church. It was here that Francis asked to be taken when he was dying.

Those interested may call 897-7842 for more information or use the attached coupon to mail in registration.

## “Afternoon with the Arts” Combines Harp Concert, Art Show and Tea

This March, the Franciscan Life Process Center’s annual harp concert benefiting community-wide music therapy programs will reflect a by-gone era. Capturing the flavor of the Victorian age, the occasion includes a themed tea. The event takes place Saturday, March 3, from 1 – 4 p.m.

In addition, an art show inspired by the period will also be held. This invitational event features artwork from a select group of regional artists. Their pieces will be displayed in the lobby and downstairs and runs through the end of the month. At 1 p.m., a tour of the art show will begin.

The multi-instrument harp concert starts in the performance room downstairs at 1:30 p.m. Following the concert, attendees move upstairs to the dining room. The space will be transformed into a traditional tea room, complete with elegantly dressed wait staff. Guests will dine on a variety of teas and treats. Special guest speaker will be herbalist Jeanne Hawkins, who will give a talk on the history of tea. The event concludes at 4 p.m.

Tickets for the afternoon are \$15/person. Those needing more information or to register by phone, may call the Center at 897-7842.

## Meijer Community Rewards Program Will Benefit Center

A community rewards program account has been established for the Franciscan Life Process Center for shoppers who frequent Meijer grocery stores. If you fill a form at your local store, a percentage of your purchase will be eligible for the Meijer Community Rewards. Once a month, these rewards are collected and a check is mailed to the Center.

The Centers’ Meijer Rewards account number is 727577. You may also apply on-line at [Meijer.com/rewards](http://Meijer.com/rewards). You will receive a card which will be scanned each time you make a purchase. We do want to emphasize that this is not a credit card.

## Jochen Ditterich Shares His Weaving Mastery

*The following article was written by Algene Feuerstein, one of our Center’s volunteers.*

When Jochen Ditterich left his native Germany to live in England he could have never dreamed that one day he would be one of the top volunteers at the Franciscan Life Process Center in Lowell, Michigan. But that’s what happened.

A retired professional weaver and shop owner, Jochen now teaches classes in the craft to beginners and others who wish to increase their weaving skills. Additionally, he maintains the various looms that range in size from small to mid-size, which have been donated to the Center.

Jochen found his way to the volunteer group after meeting Volunteer Coordinator Pat



McClellan while on a trip to Grand Rapids Junior College (now Grand Rapids Community College) to repair looms for them. It didn’t take long for Pat to enlist him to take a look at the looms at the Center. He’s been volunteering his skills here ever since.

Jochen’s light-weight woven scarves are sold in the Center’s gift shop, where they are special favorites, because are beautiful, easy to wear, and warm. He also sells woven blankets at the Center.

But weaving is not Jochen’s only interest. In decent weather, he rides his road bike from his home in northeast Grand Rapids to the Center, a matter of 20 miles each way. He is a biking expert, utilizing some of his time since his retirement to participate in long distance road races and tours, some as long as 100 miles through rough terrain, not only all over Michigan, but in many different parts of the United States.

Jochen is a perfectionist in everything he does and he teaches that in his classes and demonstrates it in his biking. With his congenial personality and his way of being interested in all that is going on at the Center, Jochen adds a lot to the volunteer group, making everyone here feel wanted and appreciated. And he, as he will tell you, has found peace of mind in this lifestyle.

Kimiko Peterson and Pat Corson





Franciscan Life Process Center  
 11650 Downes Street  
 Lowell, MI 1\49331-9489

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## Course Registration Coupon

Please register me for the following (place a check in the box before class desired). I understand that class sizes are limited and that some classes may already be filled. In this case, my check will be returned. I also understand that if I choose to cancel my reservation less than two weeks before a class begins, a \$10 processing fee will be deducted from my refund.

- |                          |                 |   |      |
|--------------------------|-----------------|---|------|
| <input type="checkbox"/> | Dec. 6          | <b>One-day Retreat: Little Portion</b> (Portiuncula)  | \$50 |
| <input type="checkbox"/> | Jan. 12-Feb.9   | <b>Weaving</b> with Jochen Ditterich (Fridays only)   | \$50 |
| <input type="checkbox"/> | Jan. 19 & 26    | <b>Edible Art: Cake Decorating</b> with Annette Witte | \$50 |
| <input type="checkbox"/> | Feb. 12-Mar. 16 | <b>Weaving</b> with Jochen Ditterich (Fridays only)   | \$50 |
| <input type="checkbox"/> | Feb. 16-17      | <b>Introduction to Watercolor</b> with Kathleen Crane | \$80 |
| <input type="checkbox"/> | Mar. 3rd        | <b>Afternoon with the Arts</b> Benefit Harp Concert   | \$15 |

Name: \_\_\_\_\_

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A \$1.00 processing fee added to all charge orders.                      Expiration Date: \_\_\_\_\_

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Please make checks payable to: **Franciscan Life Process Center**. Mail coupon to FLPC, 11650 Downes Street, Lowell, MI 49331. Please call Karen P. (Kacey) Cornwell at 897-7842 for more information.

**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.*