

Midwest News

June 2003



Provincial Chapter

The 2003 provincial chapter will open with a Mass at 10:30 A.M. on Sunday morning, June 22nd, in the chapel of the Welsh Family Hall on the Notre Dame Campus. Following lunch on that day, the opening business session will be held in Room 126 of DeBartolo Hall. Chapter materials and the agenda will be distributed prior to this business session. All general sessions and committee meetings during the time of the chapter will be held in DeBartolo Hall. It is anticipated that the latest the chapter will be in session is Friday noon, June 27th.

Brother Edward Foken will be the moderator for the chapter. In addition to deliberating on the reports of the four chapter committees (Community Life, Mission and Ministry, Restructuring and Finance), the delegates will elect two provincial council members and the delegates and alternates to the congregational general chapter to be held in 2004.

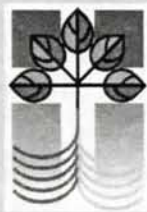
On Thursday, June 26th, in the late afternoon, there will be a commissioning ceremony in St. Joseph Chapel, Holy Cross Village. The ceremony will be followed by a social to be held in Schubert Villa.

Accommodations for the delegates and observers will be in the Welsh Family Hall. The hall is located behind the Morris Inn. The South Dining Hall will be the main area for chapter participants to take their meals. A special place will be reserved for the members of the chapter. There will, however, be options to take meals at other dining places on campus. The meal cards issued to chapter participants will enable them to eat at Reckers, The Huddle or Greenfields Café.

Provincial Council

The provincial council studied the petitions for first profession of vows from the novices in Ghana. With the consent of the council, Brother Robert Fillmore admitted Brothers Nicholas Arthur, Francis Agyevi, Godfred Ashun and Robert Koomson of the District of West Africa to first profession of vows as Brothers of Holy Cross. The date for their profession is July 12, 2003 in the chapel of Blessed Brother André Novitiate, Brawfu Yaw, Ghana. The provincial council approved the annual renewal of vows for Brother Edward Fox.

The provincial council also consented to submit to Father Hugh Cleary, superior general, the request from Brother Donald Gibbs to transfer to the Benedictine Community of Benet Lake, Wisconsin.



*Brothers of Holy Cross
Midwest Province
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Midwest News

September 2003



Provincial Council

The provincial council met the first weekend in August at the Holy Cross Center in LaPorte, Indiana. A report on this council meeting is available on the province discussion board website: <http://www.hcc-nd.edu/mwp/cgi-bin/discus/discus.pl>. Brothers not having e-mail and who are not subscribers to the MWNet have received printed copies of the report in the mail. The next council meeting is scheduled for the first weekend in October.

Time sensitive information from the provincial and the provincial council will be communicated to province members either through the MWNet or the discussion board website. Brothers who do not have e-mail and who may have been inadvertently overlooked in these mailings are asked to inform Brother Edward Dailey at the provincial office so he can adjust the mailing list.

Province Capital Campaign Launched

Honoring Lives of Faith
Securing the Future's Promise

It was announced in the March-April issue of Midwest News that we are launching our first major fund-raising campaign as a Province. The campaign has now begun. Debbie Emrick from Community Counselling Service, Co. Inc. joined us in July and will spend a year guiding us through this effort. The province is especially grateful to Brother William Geenen who agreed to serve as the campaign chairperson.

The campaign will raise significant funds to address some major challenges we confront as a Province. It will help us care for our confreres when they are no longer able to care for themselves. It will also help create a revitalization of our community, so that the mission and work of Brothers of Holy Cross can continue. Projects to be funded through the campaign are:

- **Long-term solution to Retirement Housing in South Bend;**
- **Under-funded Retirement Fund; and**
- **Promotion of Vocations and an enhanced Associates program for laity.**



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From Andre Residential Services

Living with Arthritis

In a recent survey of people with arthritis, half of those questioned said that they had never talked to a doctor about their condition because they believed nothing could be done to help them. The fact is that there is a great deal that can be done to relieve the pain, discomfort, and movement restrictions that are associated with arthritis. Although arthritis is not curable, it is treatable, and it can be managed – more so today than ever before.

The first step in managing your condition is to talk to your physician who will provide a diagnosis and recommend a treatment plan. The available treatments for arthritis include non-medical and medical therapies.

Although they can be effective, it is important to note that these treatments are usually used along with, rather than instead of medication. Exercise and physical activity can help a great deal to relieve arthritis pain. Even though exercise may at first seem to increase rather than decrease arthritis pain, the fact is that regular exercise can actually decrease pain, increase flexibility, and reduce fatigue. Check with your doctor or similar health care provider before beginning any exercise program.

Formal exercise programs can help people with arthritis. However, what really matters is physical activity. Physical activity is anything that involves movement – from taking a walk to weeding a garden to dusting the house to dancing. Walking is a wonderful exercise for people with arthritis. So is swimming. Just pick something you enjoy doing and do it as consistently as you can.

Many individuals with arthritis find that learning to pace activities is an easy means of preventing or minimizing arthritis pain and stiffness. Pacing activities simply involves saving energy by switching between periods of activity and periods of rest in order to minimize strain on one group of joints and muscles.

Check with your doctor or similar health care provider before starting any new exercise program. Then, build up slowly, starting with flexibility and strengthening exercises and gradually adding endurance exercises. Don't overdo your activity. Pay attention to pain signals. Pain is a warning sign that something is not right. If you have sharp pain or more pain than usual, stop for a while. If the symptoms persist, contact your physician.

Exercise at the time of day you tend to have the least pain and stiffness and the most energy. Don't exercise strenuously right after you eat; wait at least two hours after a meal. And don't do vigorous exercise right before bed.

Living with arthritis is a challenge, but it's a challenge you can meet – overcome. With time, effort, patience, and the willingness to learn, you will find that you can live – and live well – in spite of arthritis.

(National Council on Aging)



DID YOU KNOW...?

RESIDENT TURNOVER

New admissions to Dujarie House since April are: May 8, Br. Rene Gaudreau (EB); July 9, Br. Eldred Reisenweber (EB). Schubert Villa welcomed Br. Donald Bailer (M) on June 20.

RENOVATIONS AND BLESSING

After nearly two years of continuous construction activity, the renovations and additions at Dujarie House are on the verge of completion. August 11 was the target date for declaring the structure "substantially complete," and only punch-listed follow up items remained to be taken care of. Kaser-Spraker Construction Co. has worked on the project from the beginning.

The official blessing of the newly enlarged and renovated spaces will take place on Sunday, October 5.

ANOTHER PERFECT SCORE!

In July the State Board of Health conducted its second official survey (evaluation) of the facilities and once again awarded ARS, Inc., a perfect score—something almost unheard of once, let alone twice. Br. Richard Daly (SW), Chairman of the Board of Trustees, sent a congratulatory memo to the staff closing with, "I know that the extended period of construction and remodeling has put added pressure on all of you. Your ability to overcome all of that inconvenience and still achieve this outstanding recognition by the state agencies simply reflects, in my opinion, your dedication to the Gospel values that should motivate all of our activities."

BOARD OF DIRECTORS TASK FORCE

A task force appointed by the Board of Directors has met several times to surface and suggest changes in the Articles of Incorporation and the Bylaws of Andre Residential Services, Inc., to eliminate unintended anomalies in structure and intent found in the documents. The revision is nearly completed. Members of the task force were ARS, Inc., director Steve Kastner and Brs. Philip Armstrong and Paul Kelly.

ACTIVITIES

- Many participants in the Midwest Provincial Chapter held in mid-June stopped by Dujarie House/Schubert Villa to visit and to see the progress of the expansion and renovations.

- A jazz combo popular with the residents, The Bobby Charles Group, entertains once a month now at Andre Residential Services.
- Several of the residents enjoyed a night out on July 21 at Coveleski Stadium to see the South Bend Silver Hawks professional baseball team play, taking advantage of "Dollar Night."
- On September 26 a Holy Cross Hawaiian luau will be held in the courtyard outside Dujarie House, to which members of the Indiana Province and Sisters from Saint Mary's will be invited. Carl Marko will provide Hawaiian music as entertainment. The occasion is one of the monthly theme meals to be specially prepared for the residents and guests.

OUTSOURCING WORKS

On July 7 food preparation and housekeeping/maintenance duties were contracted out to two professional organizations. SODEXHO, which had already been handling food services at both Saint Mary's College and Holy Cross College, added Andre Residential Services to their clients. UNICCO addresses all the housekeeping and maintenance needs throughout Holy Cross Village. Seen as a province move toward greater efficiency and economy, the outsourcing is judged to be working and is proving to be a prudent decision. The retention of previous employees by the companies was taken for granted in discussions preceding this change in procedure.

NEW BOARD OF DIRECTORS MEMBERS

Two new members have been appointed to the ARS, Inc., Board of Directors. Br. Daniel Kane(M) of Gilmour Academy, Gates Mills, Ohio, was named by Br. Robert Fillmore, Midwest Provincial, and Br. Mark Knightly (EB) by Br. George Schmitz, Provincial of the Eastern Province, Mark taking the place of Br. Richard Kiniry, who retired from the board as Eastern representative. Yet to be named are one or two of the Midwest provincial councilors. At the April meeting Br. Richard Daly (SW) was elected Chairman of the Board by the directors and Brs. Paul Kelly and Philip Armstrong Vice-Chairman and Secretary/Treasurer respectively.

Samaritan Center

Samaritan Center, located on Detroit's eastside, has become a beacon of help – and hope – in one of the city's most economically challenged areas.

The former Mercy Hospital campus is a joint venture between SER Metro Detroit and Boysville of Michigan. Trinity Health and the Sisters of Mercy decided to close the hospital in 2000 and donate the entire site to an organization that would continue to operate the site for the betterment of the surrounding community and neighborhoods. SER Metro and Boysville has similar visions for the site, so they were given the 9 acre campus as a joint mission featuring approximately 500,000 square feet of space.

The partners renamed the site Samaritan Center and for the past two years have welcomed nearly 60 Mission Partners to the site creating the largest faith-based One Stop location in the country. People or families in need from the surrounding community and neighborhoods can come to one location – Samaritan Center – and find nearly every service they might need.

Mission Partners offer a wide variety of services including general and specialized healthcare, senior programs, family and individual counseling, human services, job training and career planning. Educational services are also available, including an alternative community high school.

"We've invited a group of people committed to improving local residents' quality of life," said Brother Francis Boylan, Samaritan Center President. "Samaritan Center continues the tradition of helping those in need begun on the east side by the Sisters of Mercy some 80 years ago."

"A large number of the clients served by Holy Cross come from Detroit's east side and we had been looking for a location where we could provide services closer to client homes," said Brother Francis. "Everything about Samaritan Center fits our mission and core values, and it has allowed us to bring our services right into the community where they are needed."

Boysville, now known as Holy Cross Children's Services, operates a residential program as well as a day treatment program for both boys and girls at the Samaritan Center. Administered by the Brothers of Holy Cross since the agency's inception in 1948, Holy Cross is one of the largest nonprofit child care and family reunification agencies in the State of Michigan, serving more the 3,100 boys, girls and their families since 2002.

(From *In All Things Charity*, a publication of the Archdiocese of Detroit Department of Christian Service, June 2003.)



Blessed Brother Andre Chapel

District of West Africa

First Profession

The Congregation of Holy Cross celebrated on June 12 the first profession of vows of four novices: Brothers Francis Agyevi, Nicholas Arthur, Godfred Ashun and Robert Koomson. An overflow crowd of over 400 hundred persons, including friends and relatives of the newly professed, attended the colorful celebration held at the Blessed Brother Andre Chapel on the grounds of the Holy Cross District Center in Brafu Yaw. Father Albert Amakyi, brother of Brother Michael Amakyi, district superior, was the principal celebrant. The presence of the Brafu Yaw church choir provided a variety of song accompanied by



African musical instruments. A moving moment during the liturgical celebration was the singing of the "Servant Song" accompanied on the oboe by Brother Philip Smith who was in Ghana to conduct workshops for the faculties of St. John's School, Sekondi, and St. Augustine's School, Cape Coast. The province warmly welcomes our four new brothers from Ghana and we assure them of our prayers of support as they continue their journey of formation in Holy Cross.

Brother Philip's Trek to Ghana

Brother Philip Smith spent the first three weeks in July visiting the brothers in the District of West Africa. While in Ghana, he got a first-hand glimpse into the operations of the District Center and formation, St. Augustine's College in Cape Coast and St. John's School and the Holy Cross Skills Center in Sekondi. All of the brothers, those in final vows and those temporarily professed, graciously gave of their time to see to it that he left with as complete an understanding of the operations as possible in such a brief stay.

Brother Philip presented four seminars on education and teaching to the teachers at St. Augustine's, St. John's, Ghana National College, and to the brothers of the District. During the seminars teachers were assisted in exploring what constitutes "good" teaching practice. The topic for the brothers was *Brother, Servant, Educator*, as examined through the lens of the letters of Father Moreau that specifically deal with educating the heart and the mind. Of great interest to all teachers is student motivation. Discussion of the cane as a motivator often sparked lively interchange.

The total experience was truly life changing for Brother Philip, as this was his first venture into a "third world" country and culture. Ghana was definitely the right first plunge for him because the warmth and friendliness of the Ghanaian people.

St. John's Alumnus Lauds Brothers

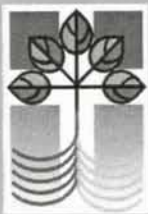
A St. John's School *old boy* (alumnus), Kwasi Sarkodie-Mensah, Library Instructional

Services Manager at Boston College, has won that school's Community Service Award in recognition of his wide-ranging involvement in service projects at the University, parish, hometown and international levels. In a recent interview, Sarkodie-Mensah, who came to the United States in 1982, gave credit for his inspiration to spiritual and public service to the Brothers of Holy Cross who taught him at St. John's School, Sekondi. "I went to St. John's to get an education," he said, "but I was so taken by the other things the brothers did for people. They would clean sores or treat people who has been bitten by snakes. They would carry people to the hospital on their backs if that was the only means of helping to save them. It made no difference to them if you were Catholic or Muslim or whatever ... My last headmaster came down with malaria. He could have gone back to the United States but he said that he wanted to remain 'home' in Ghana ... They spent their lives working for others. You can see the face of God in what they do..." (*Holy Cross Mission Center Newsletter*)

In Transition

After approximately two years in the United States, **Brother William Gates** has returned to Ghana where he is currently residing at the Holy Cross District Center, Brafu Yaw. Brother William, one of the pioneers of Holy Cross' mission in Ghana, first went to Ghana in 1958. Back in Ghana he assists in the formation program, in family ministry and works with the Holy Cross Associates.

Brother John Kwesi Asiedu and **John Affum Badu** have transferred to St. Mary's University in San Antonio, TX, upon completion of their studies at Holy Cross College. They are now living at the Brother Charles Andersen Residence in San Antonio. **Brother Patrick Osei-Bonsu** continues his studies at St. Edward's University, Austin, TX, and lives at Moreau House on the St. Edward's campus.



Holy Cross Village

Sunday, August 10th, a meeting was held with the Holy Cross Village residents to acquaint them with the members of the Village Board. Over 40 residents were in attendance. At this meeting Brother Thomas Shaughnessy, president, updated the residents on some of the current plans for further development of Holy Cross Village. He also outlined the process for self-nomination and future election of the Residents Advisory Council.

The Holy Cross Village Board has had some initial discussions to explore the feasibility of our establishing and owning a continuing care retirement facility on our property.

During the past month, two Village residents have donated two fountains for the pond in the East Village. These fountains/aerators contribute to the health of the pond, help cut down on mosquitoes, and are aesthetically pleasing additions to the Village.

Brother Authors Book on Rosary



In early 2004 the Ave Maria Press, Notre Dame, will publish a book on suggested uses of alternative mysteries for reflection while praying the rosary.

No, Pope John Paul has not gone a step further in promulgating new mysteries, as he did in October 2002 when he gave the faithful the Luminous Mysteries. This book, written by **Brother Philip Armstrong**, contains fourteen sets of alternative mysteries plus an additional list of over twenty possibilities not as thoroughly elaborated as are the fourteen.

Prefaced by words from Holy Cross Father John Phalen, director of Holy Cross Family Ministries – predecessor of which was Father Patrick Peyton’s Family Rosary Crusade and Family Prayer – the book invites those who pray the rosary regularly as well as those who have not used it in recent years by

reason of over-familiarity with the traditional three sets of mysteries to take up the beads with a new enthusiasm and approach, reflecting on a wide variety of scriptural events and everyday circumstances as they influence the individual who is praying. Brother Philip helps the reader see how one’s personal experiences and memories can be valid sources out of which “mysteries” can suggest themselves, or can shed new light on many events in the life of Jesus as well as that of his Blessed Mother.

Pope John Paul II’s encyclical *Rosarium Virginis Mariae* providentially appeared the very day Brother Philip was scheduled to discuss and submit the manuscript he had been working on for several years. The pope’s initiative undoubtedly contributes to the timeliness of the book because of a regenerated interest in praying the beads during this Year of the Rosary.

In Brief

Providing The Way, a publication of Guest House, featured a posthumous account of **Brother Carl Shonk**’s journey to sobriety. The introduction to the article states: “We are honored to tell Brother Carl Shonk’s story in this issue of the Guest House Newsletter. Sadly, Brother passed away before he was able to read ‘his story.’ Still, the memory of his kindness, humility and gratitude live on among so many people who had interacted with Brother Carl over nearly 50 years of his ministry – including many of us here at Guest House! When speaking with the soft-spoken Brother Carl Shonk, one is immediately impressed by his quiet humility, but purposeful outlook on life. The gratitude is there too – in the way he talks about his cherished sobriety; in the way tears well up in his eyes when he expresses his gratitude for his treatment program, his 12-step support group, and the benefactors he never knew who supported his care at Guest House.”

Brother Camillus Kirsch reflected in an article published in the South Bend Tribune, July 27, on the production of the 1939 film biography, *Knute Rockne – All American*. He said that



when the filmmakers viewed the Notre Dame Campus, the buildings and Sacred Heart Church, they decided they could never duplicate the scenes in their studio. Consequently they brought their equipment and entire cast to Notre Dame. He added, "Being young religious, we were fascinated to watch the cast and equipment at work. When it came time to film the Mass and funeral in Sacred Heart Church, they sought extras to fill the church. We again, as young religious, anxiously sought and obtained permission from our superior to be among the 'extras' in the church. And the filmmakers welcomed us because, dressed in our habits, we would add to the scene. Besides, we each received \$5 as a reward, which incidentally we had to turn over to our superior at Dujarie Hall."

Brother Thomas Maddix writes that as part of a two-part series in the Edmonton Journal entitled *Bioethics: Medicine's Tough Questions*, he was singled out for his role in ethics with the Caritas Health Group in Edmonton. Brother Thomas and Ian Soles launched their book, *Journey to Wholeness; Healing Body, Soul and Mind*, on June 3 and over 100 people participated in the event. By Sunday, June 8, the book ranked 6th on the bestseller list for Edmonton and remained on the list for three weeks. His article, *Nostalgia, Restoration or Trust in Providence* was published in the May/June issue of Religious Life Review in Dublin. Finally, he had his head shaved as part of a fundraiser for children with cancer.

Brother Edward Dailey is a member of the board of consultants and the editorial board of *Reformative Explorations*, a journal for prison ministry, published by the Jesus Fraternity in India.

A Holy Hour is held at 10:00 A.M. each First Friday of the month in the chapel of **Dujarie House**. Brothers residing in the Notre Dame area are cordially invited to join with their confreres at Dujarie House and Schubert Villa

for this special time of prayer before the Blessed Sacrament. Eucharistic Adoration also takes place the first Sunday of the month in the **Columba Hall Chapel** from the end of the 9:00 A.M. Sunday liturgy until 11:45 A.M.

A public library was dedicated in memory of **Rev. Victor Crasta** in Tuikarmaw, South Tripura, India. The library is an initiative of the Congregation of Holy Cross (Province of Northeast India) to build peace, brotherhood and harmony in the Indian state of Tripura. Father Victor Crasta, slain by insurgents three years ago, is among the hundreds of innocent people who lost their lives in Tripura due to the violence and unrest in the state

Prayers

Please remember in your prayers the repose of the souls of Brother Walter Duda, Brother Philip Alessandro, Père Jean-Marc Chicoine (CP), Frère Elie Bourque (CF), Father Casimir Grabarz (I), Father Thomas Conmy (EP) and the mothers of Brother George Klawitter, Brother Frederick Williams (SW) and Father Joseph Tomei (S).

Let us remember also our brothers who are suffering from illness or poor health in our infirmaries and in particular those receiving special medical attention: Brother Leonardo Bebetu, Brother Donald Bailer, Brother James Linscott, Brother Pedro Haering and Brother John Doran and Brother Theo Flynn of the South-West Province.



Venerable Basil Moreau, C.S.C.

From Andre Residential Services

Living with Arthritis

In a recent survey of people with arthritis, half of those questioned said that they had never talked to a doctor about their condition because they believed nothing could be done to help them. The fact is that there is a great deal that can be done to relieve the pain, discomfort, and movement restrictions that are associated with arthritis. Although arthritis is not curable, it is treatable, and it can be managed – more so today than ever before.

The first step in managing your condition is to talk to your physician who will provide a diagnosis and recommend a treatment plan. The available treatments for arthritis include non-medical and medical therapies.

Although they can be effective, it is important to note that these treatments are usually used along with, rather than instead of medication. Exercise and physical activity can help a great deal to relieve arthritis pain. Even though exercise may at first seem to increase rather than decrease arthritis pain, the fact is that regular exercise can actually decrease pain, increase flexibility, and reduce fatigue. Check with your doctor or similar health care provider before beginning any exercise program.

Formal exercise programs can help people with arthritis. However, what really matters is physical activity. Physical activity is anything that involves movement – from taking a walk to weeding a garden to dusting the house to dancing. Walking is a wonderful exercise for people with arthritis. So is swimming. Just pick something you enjoy doing and do it as consistently as you can.

Many individuals with arthritis find that learning to pace activities is an easy means of preventing or minimizing arthritis pain and stiffness. Pacing activities simply involves saving energy by switching between periods of activity and periods of rest in order to minimize strain on one group of joints and muscles.

Check with your doctor or similar health care provider before starting any new exercise program. Then, build up slowly, starting with flexibility and strengthening exercises and gradually adding endurance exercises. Don't overdo your activity. Pay attention to pain signals. Pain is a warning sign that something is not right. If you have sharp pain or more pain than usual, stop for a while. If the symptoms persist, contact your physician.

Exercise at the time of day you tend to have the least pain and stiffness and the most energy. Don't exercise strenuously right after you eat; wait at least two hours after a meal. And don't do vigorous exercise right before bed.

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(National Council on Aging)



Book Review

WHEN THE TRUST BREAKS **Healing Psychological, Spiritual and Emotional Wounds** **by James Greteman, C.S.C.**

(Paulist Press, Mahwah NJ, 2003, 84 pages, paperback, short bibliography)

This very short work by Jim Greteman, just off the press, is not, strictly speaking, spiritual reading. Yet, as James knows from his wide experience and we all know from our own, woundedness in one area of life affects the whole of the human condition, including the spiritual. And James includes in the title of his book the healing of spiritual damage, whatever its source.

The author looks back into counseling experiences with six individuals, fictitiously named in the book, and chronicles their journey through counseling toward reasonable health. In twenty-nine brief chapters he relates the sources of the clients' issues and the methods applied in each case.

In his introduction, James says, "After working with people the past forty years doing therapy, giving workshops, and teaching, I have come to the conclusion that many people have serious, unresolved hurts from earlier in life. These hurts take much of our present energy to hold them down, and therefore influence our present behavior by our not being able to focus our total energy on the present situation." Each of us knows the truth of that statement, either by personal experience or close connection with someone we know.

Arguing that past hurts need not inhibit healthy maturation, James says of his six clients, "They did not have to look at their future through a filter of their past experience." Most people planning their future tend to use that very filter as a partial determinant in arriving at decisions.

James's final short chapter, "An Artist and a Canvas," is especially strong and affirming. Himself an artist of some note, he invites readers to look at their life as a canvas on which God is painting a beautiful scene in creation. He notes that the love the artist shows in painting the canvas brings it to life. Summarizing the essence of the book, James writes, "You are a work of art in process, and God, the Artist, is not finished with you yet.... Remember, you are God's creation."

The very brevity of the book, typical of the Greteman style and reflective of his straightforward personality, is perhaps the one source of possible weakness in the text. Either because he "cuts to the chase" so rapidly and in the process omits lengthier, more academic elaborations of his clients' cases in favor of allowing them to get on with life; or because, as a licensed therapist and counselor he assumes that the reader will compensate for the brevity of the explanations given by imagining appropriate filler details...we are left on occasion wondering whether the bridge between therapy and cure has in fact been completed, and, presuming it has, if it can bear the weight of protracted testing in the heavy traffic of life's rush-hour challenges.

This little work is well worth the short time required to read it. It speaks to every reader in some manner and to some extent. It is clearly the result of long and successful experience that contributes to the self-confidence underlying the text and to the confidence readers feel in affirming the wisdom and heeding the advice contained within.

Brother Philip Armstrong, C.S.C.

