

MIDWEST – MIDWEEK

Brothers of Holy Cross – Midwest Province - P.O. Box 460 – Notre Dame, Indiana 46556-0460

November 7, 2018



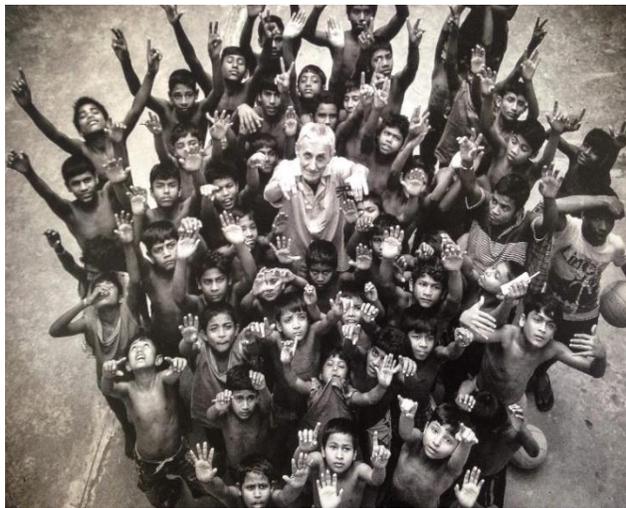
Brother Ronald Memorial By Dr. Ajmal Sobhan

It was privileged to work with Br Ron for the last 12 years. There are few who sacrifice their whole life for serving the poor and desperate.

One of his favorite quotes:

"Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh." Luke 6:20-21

In Memory of Brother Ronald Drahozal: Champion of Bangladeshis Recovering from Drug Addictions



There are few people who stand out as champions of humanity and humankind and who remain relatively unknown. Brother Ronald, or just Brother as he was known among all at Ashokti Punarbashon Nibash (APON) and elsewhere, was a farm boy from Cedar Rapids, Iowa. How a young man in his twenties made his way to what was then known as East Pakistan and served the underserved community there is a story that is replete with dedication, compassion, and spirituality.

Brother Ronald was born in Cedar Rapids in 1937, the son of Frank and Mary Drahozal. After graduating from high school in 1955, he graduated with a bachelor's degree in education from St. Edward's University in Austin, Texas. After participating in a retreat for Brothers who worked in foreign missions, he was inspired to join the novitiate program of the Holy Cross Brothers.

He became a Brother of Holy Cross in 1958. Ronald was fascinated with the lure of being a missionary teacher in high school in Bengal. His desire to be a missionary teacher was sparked by a birthday card from a relative with a quotation which said: “Do not go where the path may lead but go instead where there is no path and leave a trail.” After his initiation into the Brotherhood (which includes vows of chastity, poverty, and loyalty), he was asked to serve in South Asia.

Ronald hardly knew anything about that part of the world, but he wanted to serve his Lord and to serve humanity and would go wherever he was instructed to do so. At the young age of 25, in 1962 he received his instructions to go to what was known then as East Pakistan. From the farmlands of Iowa, the young man found himself in an impoverished, densely populated land, both religiously and culturally very far from his own upbringing. His forefathers were immigrants from what was then known as Czechoslovakia, now the Czech Republic, and had to adjust to America, the promised land. As such, his family had weathered the storm of assimilation. He knew it would be a challenge, he knew he would have to be sensitive to the culture and religion of the land, but he felt he was up to it.

His order did not believe in proselytizing but in education, literacy, and helping the poor. For the first 10 years of his life in East Pakistan (later called Bangladesh) he taught at St. Gregory’s and other diocesan-run schools in different provinces. Young, vibrant, lean, and tall, he and his trusted fellow Brother and friend, Brother Donald Becker, roamed the countryside on bikes. They were teachers of science, art, and technical skills, and preachers of the faith.

They were of starkly different personalities: Brother Ronald, the extrovert, and Brother Donald, the more shy of the Brothers. Yet between the two a shared desire to help the underserved led to their starting technical schools all over North Bengal, where the idea was to provide young men with a trade: welding, carpentry, electrical wiring, construction, and more. During the war of independence, Brother Ronald and other Brothers of Holy Cross found themselves in a difficult situation. They witnessed the atrocities that were taking place, though their lives were spared. So the Brothers took on the task of helping all those who were being hunted down by the occupation forces. They ended up giving shelter, sustenance, refuge to the minorities that were being pursued, as well as providing help sometimes to a *Mukti Jodha* (Freedom Fighter) or two. As a religious Brother, the concept of altruism was very much reflected in Brother Ronald’s personality; he and others put their own lives at risk to save people who were being pursued by the Pakistani Forces. Brother Ronald’s most cherished possession was a dual citizenship certificate he received from the Bangladeshi government.

In 1988, Brother Ronald became the first Director of Baraca (the Bangladesh Rehabilitation/Assistance Program Center for Drug Addicts). Though Brother Ronald had no formal training in Drug Rehab, he made it his business to learn and educate himself in the rudiments of Addiction and Rehab. He could see that with modernization, thousands of young people who were poor, unemployed or underemployed were coming to the cities. A good number of these youths became street addicts and they had nowhere to go. Among them were children as young as 10-12 years of age. They turned to petty crimes and soon to drugs. Hardcore drug addicts were the minority in this group but recovering addicts of soft drugs were much of the lot. Brother Ronald found a calling to help and serve this underprivileged and desperate group.

In October of 1994, Brother Ronald left BARACA and started APON, again under the affiliation of the Catholic Archdiocese. APON is a residence for recovering street addicts; APON was initially established at Mohammadpur and is currently in Singhair, Manikganj. From money donated by his extended family in Iowa, Brother Ronald bought a three-acre property. Starting with just one or two addicts, APON has now grown into a four-storied building which houses more than a hundred recovering addicts. It also has a separate building for female recovering addicts. The format at APON follows the Therapeutic Community (TC): focusing on the whole person and lifestyle changes—not just abstaining from drugs. Most of the staff and volunteers are former addicts. Brother Ronald also has used APON as a haven for street children (affectionately called *Bahini* “foot soldiers”, by Brother Ronald) who are given a place to stay, have food, and get a primary education.

Over the last two years, Brother Ronald’s health started failing and he had to make frequent trips to the U.S. for treatment. He was restless to go back to Bangladesh anytime he visited the U.S. Though APON has grown and is well known in Bangladesh, Brother Ronald remained concerned that it would become hard to sustain. Eighty percent of the members at APON are unable to pay for the services there. As such, APON depends heavily on national, international institutions, and private donors for sustenance. USAID, COLOMBO PLAN, UNICEF, and many others have provided relief, in addition to local institutions and private donors. Yet it has always been a struggle to provide for the maintenance of APON. Brother Ronald became known all over the South and South East Asia as a leader in the field and APON became an institution to be replicated elsewhere.

However, Brother Ronald was finally instructed to return to the U.S. due to failing health and the responsibility for Apon was placed on Brother Binoy Gomes who is now the Executive Director of APON, an able and dedicated religious brother who is

now endeavoring to fill the shoes of Brother Ronald. Brother Ronald's condition deteriorated recently, and he finally passed away at South Bend, Indiana, on October 16, 2018.

The indomitable spirit of Brother Ronald, coupled by the tremendous dedication and compassion that it takes to run an institution like APON, was witnessed by me and other volunteers who tried our best to give a helping hand in this labor of love. A man from far away, with nothing in common with where he came, Brother Ronald conquered all odds and made Bangladesh his home and refuge. He touched countless lives, transformed thousands around him, and remained a powerful example for all of us to dedicate ourselves to the poor, the weary, and the downtrodden. For his presence in our land for over 50 years, completely dedicated to the poor, with no personal desires, he will forever remain a shining example of what service to humanity really means.

Rest in Peace, Brother Ronald.

–Ajmal Sobhan
October 19, 2018

Update of Last Week's New Teacher Orientation Cathedral High School

As part of new teacher orientation, Cathedral took a trip to South Bend. Br. Ken Haders gave us a tour of Notre Dame along with different landmarks that told the story of Notre Dame. Br. Ken also shared a powerpoint on the history of Holy Cross. Our teachers and staff walked away with a much deeper understanding of Holy Cross and how much of an impact it is to our school.



Left to right first row: Whitey Kapsalis, Mary Ann White, Br. Ken Haders, Charlene Witka, Dellen Johson
Second Row: Bill Decker, Tyler McClure, Dave Worland, Sara Bozelli-Levine



All Souls November 2, 2018

Holy Cross members in the Notre Dame Area celebrated their annual gathering for All Souls Day with Mass at Fatima House, a procession to the cemetery for private and common prayer, and ended with a joyful meal together at Moreau Seminary.



Saint Brother André High School
First and Second Years
October 2018



Students with Brother Raymond Papenfuss, CSC



Columba Hall Nutrition Presentation

HOUSE MEETING: Monday, October 29th, Scott Lsanier from Notre Dame Food Services dcusses aspects of nutrition and the results of the food service survey.



Increase and Decrease Not "Good" or "Bad"

FOODS TO INCREASE	FOODS TO DECREASE
Fruits and Vegetables	Solid Fats/Saturated Fats
Whole Grains	Green, Black, Brown
Lean Meats	Sweets & Sweets
Low-Fat Dairy	Solids and Sugar Sweetened Drinks
	Added Cholesterol and Fat

Physical Activity



Weight Maintenance

Weight Change

WEIGHT LOSS: CARBS, PROTEIN, FAT

WEIGHT GAIN: CARBS, PROTEIN, FAT

WEIGHT MAINTENANCE: CARBS, PROTEIN, FAT

Total Energy Expenditure:
 50% BMR - Basal Metabolic Rate
 10% Thermic Effect of Food
 30% Physical Activity

You control 100% of everything going in
 You only control about 10% "burn" energy off!

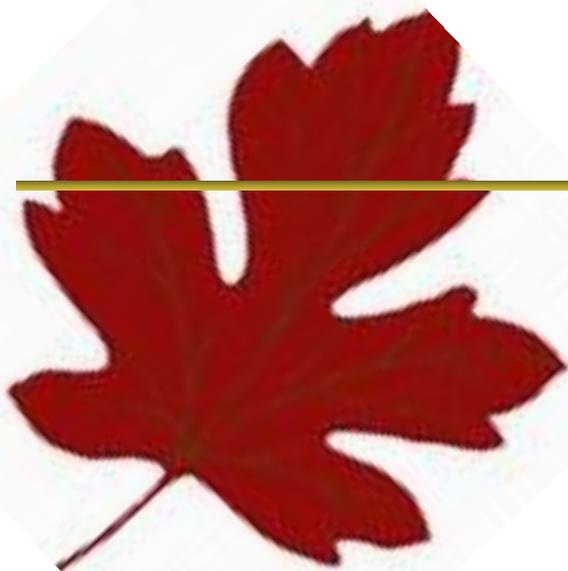
80/20 Rule

80% of the time - eat what you choose
 20% of the time - eat what you want

Be aware of compensatory behaviors
 Ways you change eating habits due to behavior

Be mindful of what you're eating
 How does diet affect the next meal?
 How is diet influenced by the previous meal?

Picture arrangement by Brother Michael Brickman



Columba Hall – Halloween BINGO

TONIGHT

7:00 PM *The Cunningham* HALLOWEEN BINGO BIG PRIZES

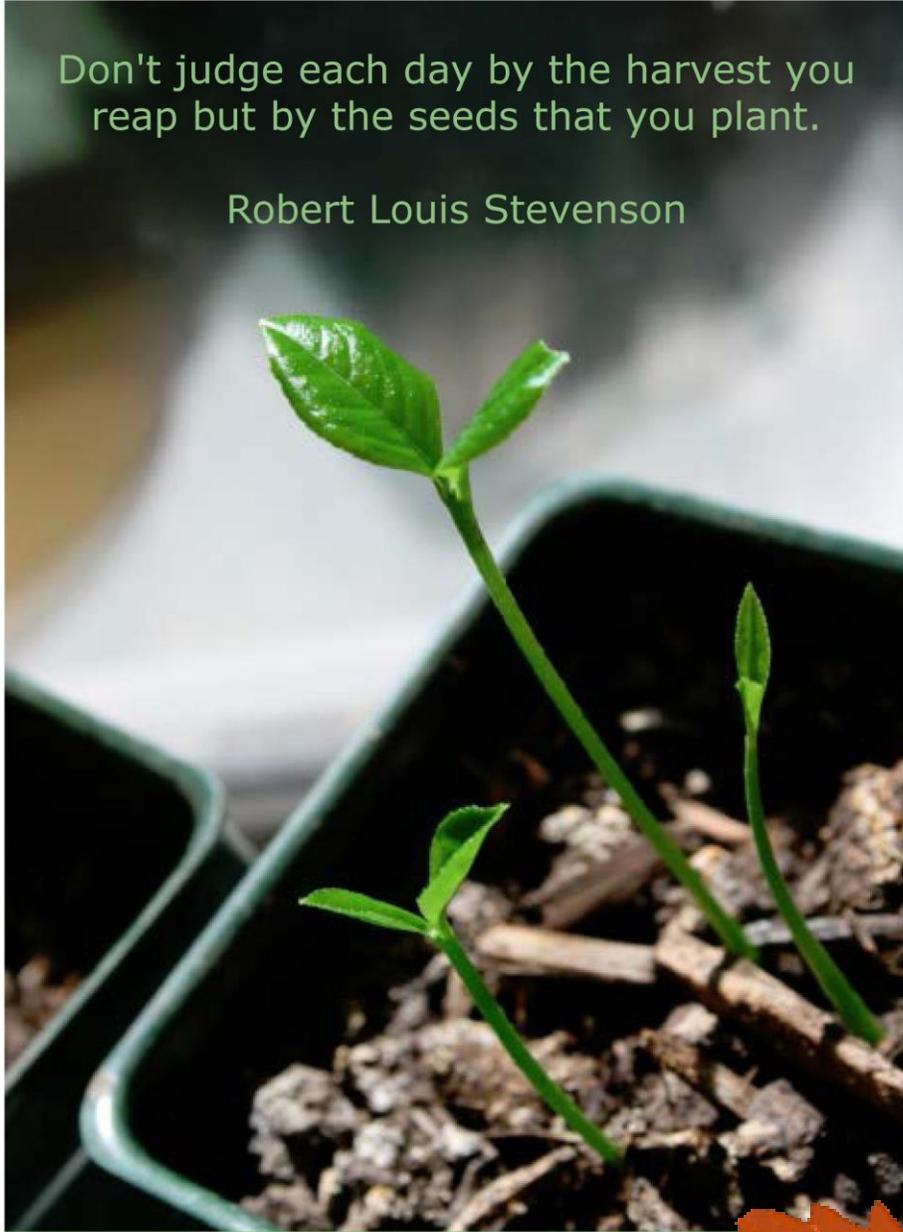




Reflection

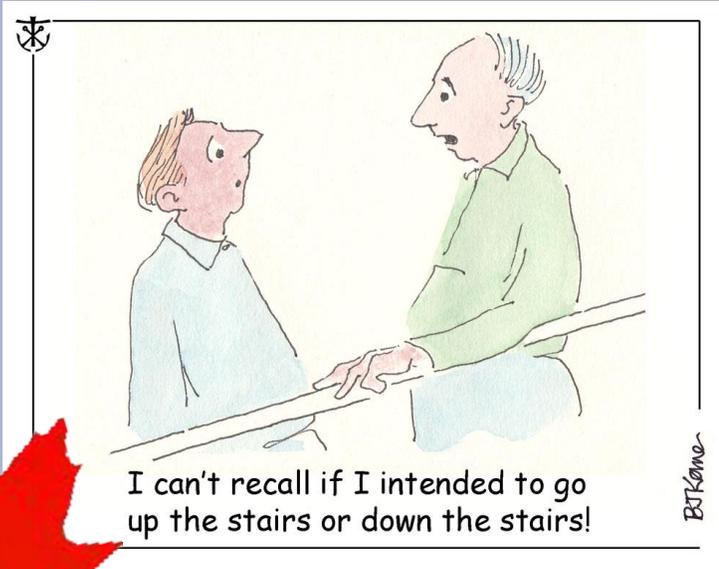
Don't judge each day by the harvest you
reap but by the seeds that you plant.

Robert Louis Stevenson

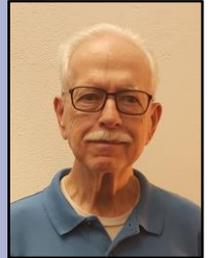


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Cartoon
by
Brother
James
Kane,
CSC



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Editor

Webmaster

Proofreader

Br. Kenneth Kane

Br. Richard Johnson

Br. George Klawitter

Please send material to the link below by Thursday the week before *Midwest-Midweek* is published.

Send material to this address:

Midwest-Midweek@brothersofholycross.com