

MIDWEST – MIDWEEK

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

November 8, 2023

Blessed Basil Anthony Mary Moreau and
Father Jacques Francois Dujarié



History:

[Seal-The-symbolic-cross-and-anchors.pdf](#)

My Refuge

Lord, my God, you're my strength, my rock,
my guide.
In trials and fears, you're ever by my side.
With my community, my brothers, true,
Your presence fills my heart, like morning dew.

When I am lost, unsure of what to do,
You light the path—your love shines through.
Stressed and burdened with my studies' weight,
You fill me with wisdom and hope.

Your knowledge, like a guiding light, leads my
way.
Through darkest nights, you turn night to day.
With a grateful heart, I lift my voice to praise.
Your boundless love, my soul does amaze.

In every moment, you're always there:
My refuge, my comfort, my constant care.
Lord, my God, I humbly bow to you,
With gratitude, love, forever true.



—**Bro. Chayan Victor Corraya, CSC**

Brother Columba O'Neill, C.S.C.
Servant of God

Website
<https://brothercolumba.com/>



Brother Philip Smith, C.S.C.
Postulator of the cause for Brother Columba



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Healthy Aging Series

HEALTHY AGING SERIES by Br Lew Brazil

“Strengthening, Balance & Flexibility”

In a previous memo on healthy aging, I mentioned the preferred health model, Interdependence, as we age in place. This means an individual does as much as he or she can to preserve their health, but is open to assistance and advice from the medical profession during the aging process.

Doing as much you can implies a focus on preventive care. During the later years, the question arises, how can we prevent falling and facing problems with poor balance? It may be discouraging to watch your youth slip away but the status of your strength, balance and flexibility is of greater concern than the gray hairs and wrinkled skin that we fret about.

Joints in the spine, hips, and knees become arthritic as we age and our muscles begin to atrophy rapidly after age 65. Significant declines in these areas can lead to falls, fractures and overall loss of mobility and functionality.

Is there something you can do to counteract this atrophy at work in our bodies? The answer is YES. Strength training, balance and flexibility work can make a difference. The adage is very true when it comes to our muscle mass: either “we use it or lose it.”

Mary Pat, the physical therapist at Holy Cross House, has initiated a strengthening program for priests at Holy Cross House and Fatima. She also has a one on one therapy program for members who suffer from back pain and neuropathy.

On Nov 6, 2023, our province signed a contract with Healthwin therapy services to provide balance and strengthening classes as well as one on one therapy services at both Columba Hall and Holy Cross Village. Healthwin therapy is the agency that provides all the rehab therapy services at Dujarie House.

Balance and strengthening classes are set to begin in mid-November at Columba Hall on Tuesday and Thursday morning at 10am in the back rec room. Each class will have four participants so that the therapist can give full attention to each brother.

If interested please contact the Province-nurse, Bethany, in her office. She will coordinate registration and details for each class.

For brothers in the Village, if interested, please contact Br Lew (574-274-7964) for more information. Classes will be held at St. Joe Place for four brothers once a week if enough participants are interested.

These classes are open to all brothers and no referrals are necessary.

During the past two years, approximately 10-12 brothers have fallen either in their rooms or outside. Some had injuries requiring hospitalizations and rehab therapy. If you want to prevent falls, now is the time to do something to preserve your health, remain vertical, independent and increase your mobility.

In addition, the Dujarie therapy department, will also offer One on One Therapy sessions each week (after the balance class) for those with special musculoskeletal issues (neuropathy, back pain, etc.). The musculoskeletal system provides a structure for your muscles, posture, supports your body weight and helps you move. This therapy service will require a referral from your primary doctor under our insurance.



Holy Cross Roads Writings for the Journey

God is Near

Our life consists most of the time in predictable happenings each day. And yet there are certain times when events become extraordinary. We become deeply aware of what is happening to us and around us. We could call them mystical or as some psychologists would call them peak experiences. They could be normal happenings but seen in a deeply felt way.

Some examples might be: promises made, heroic actions, music that inspires, viewing the sunrise or sunset on the ocean, the innocence of a newly born baby or a litter of cute puppies, a rare bird showing up at the feeder, the differing shades of color on display in flowers or trees, the feeling of becoming one with all of creation especially with the different races and cultures with whom we share our humanity on this planet. Then there are the more explicit ways God can show Godself in the reading of passages from sacred scriptures, in the prayers we offer, in the silence when we experience a divine presence.

These are times to relish our new perspectives. I believe we are called to savor and remember these times and recognize their significance then and what gift they still have to give us in the present. What is our liturgy but a re-creation of what happened thousands of years ago?

- Recall a mystical or peak experience that you have had.
- What significance did it have in your life then and have in your life now?
- Did you feel God's presence in this experience?

O God, help me to recognize the times of a breakthrough in my life.

Brother Carl Sternberg, C.S.C.



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Salt of the Earth

Jesus often spoke to and about His disciples. In doing so, he was a master of the metaphor (figurative comparison).

Once, as recorded in the Gospel of Evangelist St. Matthew, Jesus said “You [disciples] are the **salt** of the earth. But if the salt loses its taste, with what can it be seasoned?” (5:13)

Today, Jesus’ statement about salt losing its taste makes little sense to us: experienced as we are in using common table salt, we consider salt simply to be what it is – **salt** (sodium chloride), the taste of which cannot change or be lost. Where Jesus lived and when he lived, however, the taste of what was used as salt could and at times did change.

The salt used in Palestine in New Testament times was from the Dead Sea: water which made its way into flatbeds to dry. Along with the evaporation process the residue of salt remaining became mixed with other ingredients, which were not refined out in preparing the salt for use. As a consequence, the flavor of these ingredients occasionally overwhelmed the taste of the salt¹.

In applying the metaphor **salt** to his disciples, Jesus wished to convey some of its established connotations: permanence, loyalty, fidelity, usefulness.

1. Gerhard Lohfink, *The Most Important Words of Jesus*. Liturgical Press: Collegeville, Minnesota 2023, p. 100.

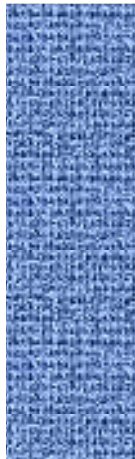
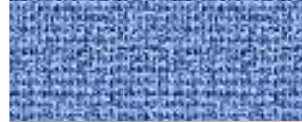




Reflection sent in by Brother Thomas Maddix, C.S.C.



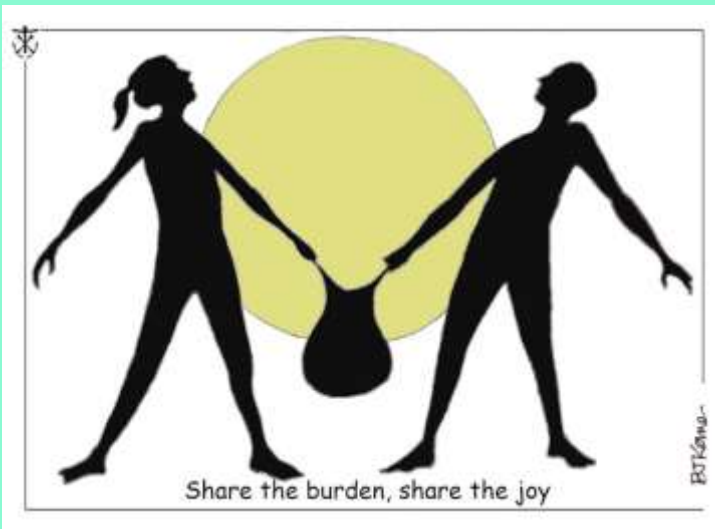
The only thing of importance, when we depart,
Will be the traces of love we have left behind.



Better than a thousand hollow words
is one word that brings peace.
~ Buddha

This reflection is courtesy of Mission, Ethics & Spirituality + Providence Health Care, Vancouver, British Columbia, Canada. providencehealthcare.org

November 3, 2023



Brother
James
Kane,
CSC



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