



The Alexians

The Love of Christ Compels Us

*Immaculate Conception
Province of the Congregation
of Alexian Brothers*

Mission Statement

Strengthened by community, prayer, commitment to the poor and the legacy of our founders, and in partnership with others, we Alexian Brothers witness the Healing Christ by a holistic approach to promoting health and caring for the sick, dying, aged and unwanted of all socioeconomic levels.

Values

- Compassion*
- Dignity of the Person*
- Care of the Poor*
- Holism*
- Partnership*

Alexian Brothers mark milestones, energizing province as it looks ahead

An Alexian Brother in the Philippines has professed Life Vows, and two Alexian Brothers novices in the United States have professed their First Vows, as the Immaculate Conception Province of the Congregation of Alexian Brothers continues to register progress in its efforts to attract new men.

Brother Vincent Ferrar Timbang, C.F.A., professed his Life Vows on July 17, the Feast of St. Alexius, during a Mass at the Carmelite Monastery Church in the Bajada section of Davao City in the Philippines. A day earlier, Novice Brothers Jeffrey Weeden and Frederick “Torch” Acosta professed their First Vows during a Mass in the chapel at St. Alexius Hospital (formerly known as Alexian Brothers Hospital) in St. Louis.

“It’s exciting and energizing for everyone in our province to see Vincent, Jeffrey and Torch mark these milestones,” said Brother Dan McCormick, C.F.A., provincial of the Immaculate Conception Province. “They are remarkably gifted men, and the future of our province



Superior General Brother Lawrence Krueger, C.F.A., (right), presides as Brother Vincent Ferrar Timbang, C.F.A., professes his Life Vows during a Mass at the Carmelite Monastery Church in the Bajada section of Davao City in the Philippines.

is bright.”

Reverend Father Leonie España, D.C.D., a priest at San Antonio de Padua Parish in Bajada, presided at Brother Vincent’s Mass, assisted by Reverend Father Allan Roriguez, D.C.D., a chaplain at the Alexian Brothers Health & Wellness Center in Davao City, and four other priests.

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New ministry offers friendship, support to homebound elderly

A new Alexian Brothers ministry has taken flight in Chattanooga, Tennessee, offering friendship and supportive case-management services to vulnerable, homebound seniors struggling with isolation and loneliness.

St. Alexius Outreach Ministries opened its doors in July after a three-year discernment and development process that crystallized the vision for the ministry, which is “to create a community where all elders know they are valued and cared for,” said Susan Chill, executive director of the ministry.

Father J. David Carter, rector of the

Basilica of Saints Peter and Paul in Chattanooga, blessed the ministry’s headquarters during an Oct. 20 ceremony attended by Alexian Brothers and ministry supporters.

With the older-adult population increasing rapidly, there is growing concern about the impact of isolation and loneliness on seniors’ health and well-being. Under the ministry’s first program, Hospitality at Home, staff members, Alexian Brothers and volunteers visit homebound seniors 70 and older, offering their friendship while assessing other needs that seniors might have.

The ministry might address these needs directly or might connect a senior with community resources. The assistance provided by the ministry comes in many forms, such as procuring smoke detectors, arranging for garbage pick-up, or securing senior-friendly food boxes. There are no fees, dues or membership requirements for program participation or services.

“Our premise is that we want to stay connected with our seniors throughout their lifetime,” Chill said. “We want to develop rela-

tionships with them and give them the assurance of knowing we are not going to leave. We’re not going in and doing everything. We’re going in and indicating we want to create a relationship and a friendship. Our primary goal is to establish that and to do what the Alexian Brothers have done for 75 years in the Chattanooga area – and that is to reflect the healing hands of Christ to this community.”

The ministry receives referrals from senior services agencies that have identified seniors who need support and have granted permission to be contacted by the ministry. Its goal is to serve 50 seniors during its first year. Mariko Tinaya, the ministry’s program coordinator, is leading an effort to screen and to train a volunteer team large enough to meet this goal.

Top priorities for the ministry include helping seniors avoid hospitalization and ensuring they are aging safely in their homes. Ministry representatives conduct home safety checks and assess seniors’ other needs by using a special “circle of care” assessment tool to capture information about family support, socialization, healthcare, nutrition and personal interests.

The ministry plans to match volunteers with seniors based on common interests and personalities to foster mutual friendships. In addition to helping seniors with various needs, volunteers also will help them mark life celebrations such as birthdays and holidays.

The Alexian Brothers are playing an active role in the ministry. Brother Richard Kane, C.F.A., has joined the ministry’s staff, and the ministry’s board of directors includes Brother Richard Lowe, C.F.A., the board’s chairman; Brother Jeffrey Callander, C.F.A., and Brother Warren Longo, C.F.A. The board also includes Betty Anne Neal of Catholic Charities in Chattanooga. Through the ministry, “we want to bring the community into seniors’ homes, following the Alexian Brothers’ value of dignity of the person,” Chill said.



Father J. David Carter, rector of the Basilica of Saints Peter and Paul in Chattanooga, blesses the headquarters of St. Alexius Outreach Ministries, receiving assistance (right photo) from Brother Richard Lowe, C.F.A., chairman of the board of the new ministry.



(Left to right) Alexian Brothers Richard Kane, Thomas Klein, Lawrence Krueger, Dan McCormick, Warren Longo, Jeffrey Callander and Richard Lowe gather for the blessing of the headquarters of St. Alexius Outreach Ministries in Chattanooga, Tennessee.

Provincial's Letter

Dear Alexian Friends:

These are exciting times for the Immaculate Conception Province of the Congregation of Alexian Brothers.

There is a real sense of energy and momentum among our Brothers, and this edition of *The Alexians* spotlights several reasons for our renewed feeling of vibrancy.

Most notable are the commitments to religious life made recently by three of our Brothers. Brother Vincent Ferrar Timbang, C.F.A., professed his Life Vows in the Philippines, and Novice Brothers Jeffrey Weeden and Frederick "Torch" Acosta professed their First Vows in St. Louis. (See article on page 1.)

After years of seeing our ranks depleted by the deaths of older Brothers and an overall decline in religious vocations, it is uplifting to see newer Brothers profess their vows. Their professions, coupled with an increase in vocation inquiries from men interested in the Alexian Brothers, have given us renewed hope for perpetuating our 800-year healing tradition.

We're also excited about the launch of a new ministry serving vulnerable, homebound seniors in Chattanooga, Tennessee, and about progress toward establishing a drop-in center for the homeless in the Philippines and a medical clinic in East Timor. (See articles on pages 2 and 4, respectively.) These initiatives reflect our continued commitment to caring for the elderly, the sick, the poor and those who live on the margins of society.

In another example of our focus on the elderly, we have re-established our community at Alexian Village in Milwaukee after a five-year hiatus. Brother John Howard, C.F.A., director of our community in Signal Mountain, Tennessee, for many years, has been assigned to head the Milwaukee community and to provide an Alexian Brothers presence for residents of the independent-living and long-term-care community operated by Ascension Living. He will visit

regularly with residents and will serve on the Alexian Village Resident Council. Residents of the facility are thrilled that we have returned. (See article on page 5.)

Brother John's move to Milwaukee led to a series of new assignments for other Brothers, allowing us to infuse our communities and ministries with fresh perspectives and new ideas. In my experience, this type of change is healthy for our communities and ministries and enriches our province as a whole. It also is valuable in terms of the personal and spiritual growth of our individual Brothers.

While caring for those in need, the Brothers also are concerned about helping those who provide care. Brother Patrick McCabe, C.F.A., recently volunteered to lead the 38th Care for the Caregiver Conference at AMITA Health Alexian Brothers Medical Center Elk Grove Village, providing a variety of healing tools that volunteer caregivers in local parishes can use to care for others – or for themselves. (See article on page 6.)

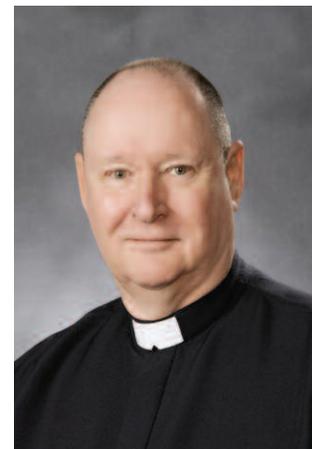
The Brothers in Elk Grove Village are exploring other opportunities to be of service to AMITA Health facilities and programs as we continue to reinvent ourselves as religious Brothers in the 21st century.

Things change quickly in this new millennium, and the Brothers recognize that we, too, must change if we are to survive as a religious order. We must expand our ranks, look for new opportunities to improve people's lives, and ensure that our individual Brothers continue to deepen their relationship with God.

We're moving forward on each of these fronts, and we thank God for our progress and the hope it has engendered.

May God Bless You and Yours,

Brother Daniel McCormick, C.F.A.
Provincial
Immaculate Conception Province of the Alexian Brothers



Did you know?

Editor's Note: "Did you know?" provides brief glimpses into the rich, 800-year history of the Congregation of Alexian Brothers.

In 1969, the renowned psychologist Dr. Elisabeth Kübler-Ross published "On Death and Dying," a groundbreaking book on the five stages of dying and grief — denial, anger, bargaining, depression and acceptance.

Kübler-Ross had moved to Chicago in 1965 and was an instructor at the University of Chicago's Pritzker School of Medicine. She followed "On Death and Dying" with a 1974 book entitled "Questions and Answers on Death and Dying."

In the early 1970s, the late Brother Frank Lamendola and the late Brother Gary Schrader – then novices under the direction of Brother Warren Longo, C.F.A. – volunteered to file papers and to answer phone calls for Kübler-Ross, who had a busy schedule.

In her second book, she thanked "my two Alexian Brothers, Frank and Gary." Citing the Alexian Brothers' centuries-old commitment to caring for the dying, Alexian Brothers Health System in 1976 presented its Modern Samaritan Award to Kübler-Ross for her great contributions to healthcare.

Philippine mission advances plans for homeless center, East Timor clinic

The Alexian Brothers in the Philippines are moving forward with plans to establish a pair of new ministries.

One would be a medical clinic in East Timor, a poor nation in Southeast Asia, and the other would be a drop-in center for the homeless in Davao City in the Philippines.

Brother Dan McCormick, C.F.A., provincial

with the Alexian Brothers mission in the Philippines, which now includes separate communities in the Bajada and Matina sections of Davao City. Several Brothers at the Philippine mission are medical professionals.

Living conditions are “extremely primitive” in East Timor, and the need for healthcare services is great, Brother Dan said. “It’s a situation that cries out for the delivery of care,” he said. “That has been the Alexian Brothers’ forte for centuries – to go where nobody else wants to go. I’m very proud of our Brothers’ commitment to this challenging initiative. They are working extremely hard.”

The Brothers in the Philippines also have moved closer to making the drop-in center for the homeless a reality. By early fall, they were close to finalizing the purchase of a Davao City house that they plan to convert into the drop-in center, and the Provincial Council had approved funding for the project.

Located near the Alexian Brothers residence in the Bajada section of the city, the drop-in center would be a place where the homeless “could come in, shower, clean up, wash their clothes and get a meal,” Brother Dan said. The center also would offer medical and social services, but it would not offer overnight accommodations.

Homeless services are needed badly in Davao City, Brother Dan said. Conservative estimates place the number of homeless children in the city at 35,000, and “when you add parents and adult siblings to that number, the need grows exponentially,” he said. “We’re hoping that with this center, we can plant the seeds for an ongoing social ministry that would become a center for outreach to the homeless.”

During his visitation with the Brothers in the Philippines, Brother Dan split his time between the Bajada and Matina communities, meeting individually with Brothers in each community.



Provincial Brother Dan McCormick, C.F.A., (third from right), joins fellow Alexian Brothers on an outing during his annual visitation at the Alexian Brothers mission in the Philippines.

of the Immaculate Conception Province of the Congregation of Alexian Brothers, reported progress on both fronts after completing his annual visitation to the Alexian Brothers mission in the Philippines at the end of the summer.

Plans for the medical clinic in East Timor “have advanced significantly,” Brother Dan said. “The Brothers are working together as a community to plan and develop the ministry, rather than having one Brother leading the process, which is a huge step forward.”

The Brothers are drawing up lists of supplies that will be needed for the medical clinic while awaiting a formal invitation from the bishop of East Timor to establish the ministry, Brother Dan said.

Plans call for assigning three Brothers to staff the new ministry. It would become the third Alexian Brothers community associated

Alexian Brothers return to Milwaukee, leading to series of reassignments

The Alexian Brothers have re-established their community in Milwaukee after a five-year hiatus, leading to several new assignments for members of the Immaculate Conception Province of the Congregation of Alexian Brothers.

Brother John Howard, C.F.A., director of the Alexian Brothers Community in Signal Mountain, Tennessee, has been assigned to head their Milwaukee community at Alexian Village, an independent-living and long-term-care community operated by Ascension Living.

Ascension Living is part of the healthcare division of St. Louis-based Ascension, the largest nonprofit healthcare system in the nation. The Alexian Brothers have been one of Ascension's sponsoring religious congregations since Alexian Brothers Health System became part of Ascension in 2012.

Brother Richard Lowe, C.F.A., director of the Alexian Brothers Community in St. Louis, has succeeded Brother John as community director in Signal Mountain. Brother Warren Longo, C.F.A., director of postulants for the province and formerly assistant general of the congregation, has succeeded Brother Richard as community director in St. Louis. In addition, Brother Richard Kane, C.F.A., a member of the St. Louis community, has joined the Signal Mountain community.

The Brothers' decision to return to Milwaukee reflects their belief that "we must have a Brothers presence in our older-adult facilities," said Provincial Brother Dan McCormick, C.F.A.

Brother John is uniquely qualified for his new role because he served at Alexian Village from 2000 to 2006 and because "you can't be around him for five minutes without knowing what the Brothers are committed to doing," Brother Dan said. "He is the best ambassador I could have assigned to Milwaukee."

Residents have welcomed the Brothers' return to Alexian Village, where they maintained

a residence for years before closing it as their numbers dwindled because of the deaths of older Brothers and an overall decline in religious vocations. The province recently has registered progress in attracting men to religious life, and this success contributed to the decision to return to Milwaukee. (See article on page 1.)

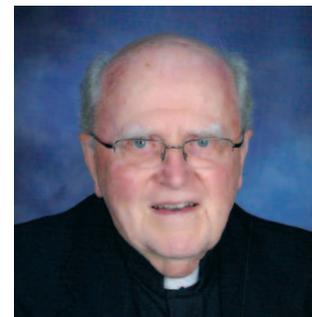
"I went there to tell residents about our decision, and countless ladies stopped me with tears in their eyes, saying 'Thank you for giving the Brothers back to us,'" Brother Dan said.

Alexian Village held a reception for Brother John soon after he moved into the Brothers' former residence on the community's campus Sept. 1. Alexian Village had maintained the residence and had used it intermittently for office space and meetings after the Brothers left.

Alexian Village residents "have been so effusive with their comments," said Brother John, who helped organize musicals and maintain the chapel during his previous stint at Alexian Village and knows a number of its current residents. "They've been so welcoming, and they keep saying they're so glad an Alexian Brother is back here."

In his Brothers-presence role, Brother John will visit regularly with residents in dining areas and other community spaces. He also will serve on the resident council.

Although Brother John now is the only Brother at Alexian Village, plans call for assigning another Brother to join him as soon as possible. Until then, representatives of the Alexian Brothers Community in Elk Grove Village, Illinois, plan to visit him two days a month for community prayers and retreats "and to give John company," Brother Dan said.



Brother John Howard, C.F.A., is the new director of the Alexian Brothers Community in Milwaukee. He is providing a Brothers presence at Alexian Village, an independent-living and long-term-care community operated by Ascension Living.

Provincial attends CHA Global Summit



Brother Dan McCormick, C.F.A., provincial of the Immaculate Conception Province of the Congregation of Alexian Brothers, (second from left), visits with Catholic healthcare leaders during the Catholic Health Association of the United States (CHA) Global Summit in Washington, D.C. The Sept. 27-28 event brought together leaders of Catholic health systems, sponsoring congregations, non-governmental organizations, government agencies and international organizations to discuss ways to address critical issues facing healthcare organizations participating in international outreach. Brother Dan is shown above with (left to right) Bruce Compton, CHA senior director, international outreach; Sister Carol Keehan, D.C., CHA president and chief executive officer; and Susan Huber, Ascension senior vice president, global mission and governance and sponsor relations.

Alexian Brother shares healing tools at Care for the Caregiver Conference

Nineteen years ago, the Alexian Brothers, in cooperation with the spiritual care staff at the hospital now known as AMITA Health Alexian Brothers Medical Center Elk Grove Village (ABMC), launched a biannual conference to provide support and spiritual sustenance for volunteer caregivers in local parishes.

“The Brothers wanted to somehow say ‘thank you’ to people in the parishes who visited the sick and took Communion to them,” said Father Bill Veith, a longtime ABMC chaplain who helped start the conference. “We wanted to have a conference that would somehow help the caregivers. While they were caring for others, we wanted to say, ‘Here’s a way you can help care for yourselves.’”

Through the years, the conference has become a popular tradition, and on Sept. 16, about 100 caregivers gathered at ABMC for the 38th Care for the Caregiver Conference. During the conference, Brother Patrick McCabe, C.F.A., delivered a presentation focusing on healing tools that caregivers can use to care for others – or for themselves.

Brother Patrick is a registered nurse who has worked in multiple healthcare settings, including cardiac intensive care, community health and hospice care. Passionate about holistic healing, he is a student of Enneagram studies, a personality sorting tool designed to increase self awareness and to foster a better understanding of others. He also participated in the first Anamcara Project, learning how to become a “soul companion” under the direction of Richard Groves, co-author of “The American Book of Dying,” which offers lessons in healing spiritual pain.

“I have a good number of years of experience in using these tools to help people, and the end result, I believe, is a more holistic and creative approach to managing the spiritual pain that often becomes more complicated when people are acutely ill or dying,” said Brother Patrick, who worked for 10 years as a palliative nurse in hospice care before joining the Alexian Brothers in 2014.

Brother Patrick, who conducts Enneagram workshops for chaplain students at ABMC, discussed traditional healing tools, such as music therapy, as well as unconventional techniques, such as chanting to release spiritual pain and despair. He also emphasized the value of “intentional breathing” for those receiving care – and for caregivers, said Beth Collier, ABMC chaplain manager, who attended the conference. “Part of what Patrick said was that before entering a room to visit someone, caregivers should not just say a prayer but should take a breath and allow that breath to relax them and to help them enter the room without a sense of pressure,” Collier said.

Brother Patrick, she added, offered a unique perspective for caregivers because of his experience as a nurse and his focus on spiritual caregiving. Several of the tools he shared “would be very useful in helping people open up to God’s spirit in a variety of ways,” she said.

Brother Patrick “gave us a better understanding of our mission as caregivers,” Father Bill said. “People loved what he had to say, his sense of mission and his sense of spirituality. They also felt it was great to hear from an Alexian Brother.”

The conference included a prayer service during which Father Bill and Brother Patrick blessed the hands of caregivers. “This opportunity to share healing tools with caregivers on behalf of the Alexian Brothers has been a highlight of my professional experience,” Brother Patrick said.



Brother Patrick McCabe, C.F.A., speaks during a prayer service at the 38th Care for the Caregiver Conference.



Father Bill Veith and Brother Patrick McCabe, C.F.A., bless the hands of caregivers at the 38th Care for the Caregiver Conference.

Alexian Brothers mark milestones, energizing province as it looks ahead

(continued from page 1)

Brother Lawrence Krueger, C.F.A., superior general of the Congregation of Alexian Brothers, received Brother Vincent's vows during the Mass. In attendance were Brother Vincent's parents, Fidel and Erlina Timbang, his four siblings, and other family members. Also attending were fellow Alexian Brothers, staff and employees from the Alexian Brothers Health & Wellness Center, people with whom Brother Vincent has worked at the Alexian Brothers Outreach Ministry, San Pedro Hospital, San Pedro College and the Balay Pasilungan Foundation, members of other religious orders, and neighbors and friends.

During his homily, Reverend Father Leonie expressed his gratitude to Brother Vincent's parents for allowing him to serve God as a religious brother. Reverend Father Leonie said religious life can be difficult and full of trials, but



Brother Jeffrey Weeden, C.F.A., (left), and Brother Frederick "Torch" Acosta, C.F.A., (right), join Brother Warren Longo, C.F.A., for a photo after professing their First Vows during a Mass in the chapel at St. Alexius Hospital (formerly known as Alexian Brothers Hospital) in St. Louis.

through the grace of God, members of religious orders can persevere and remain faithful to their commitment. Brother Vincent, he added, is an example of God's grace.

Brother Vincent, who has a bachelor's degree in secondary education, worked as mathematics and science teacher in a private school

before joining the Alexian Brothers in 2010.

Reverend Father Damien Dougherty, O.F.M., officiated at the Mass during which Brother Jeffrey and Brother Torch professed their First Vows. Brother Dan McCormick, C.F.A., provincial of the Immaculate Conception Province, spoke before the end of the Mass, describing Brother Jeffrey and Brother Torch as men who want to follow Jesus Christ by living and praying in community and by caring for the most vulnerable and unwanted in society.

Brother Jeffrey and Brother Torch joined the Alexian Brothers as postulants in January 2015 and entered the novitiate in St. Louis in July 2015.

Before joining the Alexian Brothers, Brother Jeffrey worked in health and human services, including direct-care, supervisory and coordination positions in programs for people with developmental disabilities and traumatic brain injuries. He also worked in real estate as a buyer's agent. Brother Jeffrey years ago began writing poetry to express his inner feelings about his spiritual journey, and he continues to do so today. (See poem at right.)

Brother Torch earned a bachelor's degree in construction technology from Western Illinois University. Before joining the Alexian Brothers, he worked in the land surveying industry for 24 years in the Chicago area and Austin, Texas. An avid runner, the Beech Park, Illinois, native also enjoys tennis, languages, crossword puzzles and cats.

Brother Jeffrey and Brother Torch have been assigned to the Alexian Brothers Community in Elk Grove Village, Illinois, where they are working to develop an Alexian Brothers presence at multiple AMITA Health Alexian Brothers Health System ministry sites.

A poetry reflection

Editor's Note: The dynamics of the Word of God, just like the dynamics of good poetry, come from its mystic meanings and its tendency to put itself into everyone's life differently, skidding free of every attempt to pin it down. Brother Jeffrey Weeden, C.F.A., who recently professed his First Vows as an Alexian Brother, composed the following poem during a day of prayer when he was a novice.

He is just a poet
He is a prince of words
He is your soul's reflection
He is the Spirit Walker of your world

He calls forth the wind
And it rings circles around Him
He dances with Lady Wisdom
He sings with Sister Silence

He moves through time and space
He walks through the doors of the universe
He navigates the corridors of atonement
He enters into the chambers of reconciliation
There He sits at the windows of your life

Without judgment
He sees with clarity
Without judgment
He watches in solitude
Without judgment
He cries in silence
Without judgment
He pleads in stillness

He is the Just Poet
He is the Prince of Pardons
He is your soul's redemption
He is God's Breath
He is the Author of Life

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Brother John Howard, C.F.A.
Director of the Alexian Brothers Community, Milwaukee

Brother Richard Lowe, C.F.A.
Director of the Alexian Brothers Community, Signal Mountain, Tennessee

Brother Warren Longo, C.F.A.
Director of the Alexian Brothers Community, St. Louis

Brother Alexius Siska, C.F.A.
Director of the Alexian Brothers Community, Győrújbarát, Hungary

Brother Raphael Fallado, C.F.A.
Director of the Alexian Brothers Bajada Community, Davao City, Philippines

Brother John of God Oblina, C.F.A.
Director of the Alexian Brothers Matina Community, Davao City, Philippines

The Alexians

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New Alexian Brothers residence takes shape



Construction moves forward at the site of the new Alexian Brothers residence in Elk Grove Village, Illinois. The Alexian Brothers decided to build the new residence after selling their previous home to AMITA Health for use as a residential treatment center for people with obsessive-compulsive disorder, anxiety and addictions. The new residence is located down the street from Alexian Brothers Hospice Residence and close to AMITA Health Alexian Brothers Medical Center Elk Grove Village and AMITA Health Alexian Brothers Rehabilitation Hospital Elk Grove Village. Weather permitting, the Alexian Brothers Community of Elk Grove Village plans to move into the new residence by the end of 2017.