Dear Salesian Sisters and Brothers,

Today, Sunday, July 31st, I participated in the beautiful celebration for Fr. Tuan Nguyen’s 25th anniversary of Priesthood, which took place at our Vietnamese center, Mary Help of Christians, in Stockton. Bishop Steven Blaire was present at the Eucharistic celebration, along with 10 other priests. The Vietnamese Center community, which is overseen by Fr. Paul Tran, SDB, did a marvelous job in organizing a beautiful liturgy and reception afterwards. I was honored to be present and celebrate Fr. Tuan’s 25 years of priesthood and service to the Church and the Salesian Congregation. It was obvious that the community still remembers and loves Fr. Tuan very much. Fr. Tuan spent close to twenty years with the Vietnamese community at the Mary Help of Christians Center. He did much for the people. In my short reflection at the end of the Mass, I mentioned to the Congregation that Fr. Tuan had the smell of the sheep, as Pope Francis so powerfully challenged us to have during his first year of his Pontificate, at the Chrism Mass. We thank Tuan for his dedication, leadership and love for the people. I am particularly impressed and thankful for his pastoral zeal and love for his Salesian Priesthood. While we will celebrate all of our Salesian Jubilarians at the end of September, at Sts. Peter and Paul’s Church, San Francisco, I was happy to be present today in Stockton and, along with the people of God, to give thanks for Tuan’s many years of fidelity and service. Truly, he has the “smell of the sheep.”

Tonight, I fly out to Columbus, Ohio. I arrive there tomorrow morning. These days I will attend the CMSM (Conference of Major Superiors of Men). While I am sad that I will not be present at our second Salesian retreat, where many of our young SDBs will be present, I know that attending this annual conference always fills me with encouragement and connects me with the greater Church, especially, with other major superiors, provincials, abbots and priors of different monasteries. While I debated whether to miss being present at our annual retreat and not being present with the

REST IN PEACE

Josephine Walker
The aunt of Fr. John Roche died at age of 93, July 28, 2016.

Mr. Julio Pinchinatti
Salesian Cooperators

Maynor Portobanco Veliz
Cousin of Br. Johni Chamorro died in a car accident on July 14.

AUGUST BIRTHDAYS

Fr. John Lam ......................01
Br. Ernie Martinez..............03
Br. Gustavo Ramirez..........05
Fr. Paul Tran......................05
Fr. Joseph Paradayil..........06
Fr. James Nieblas...............08
Fr. Andrew Ng....................09
Fr. Tuan Nguyen...............10
Fr. Jerry Wertz..................16
Fr. Ramon Zarate...............18
Fr. John Roche...............25

PLEASE PRAY FOR OUR SICK

Mother of Fr. Joseph Paradayil
(Critical Condition in India)

Connie Boenzi
(Mother of Fr. Joseph Boenzi)

Br. Bruno de Pretto, SDB
Fr. Mario Rosso, SDB
Fr. Armand Oliveri, SDB
Br. Ernest Martinez, SDB
Fr. Leo Baysinger, SDB
Fr. Rafael Saiz, SDB
gathering of our confreres, I decided to attend the Conference and connect with members of the Church who struggle to be good and effective leaders in their respective Congregations. I also look forward to seeing Fr. Steve Shafran and Fr. Tim Zak and brainstorming on ways to connect more closely our two SDB provinces and grow in communion, as Don Bosco would want it. Our Rector Major, Fr. Angel Fernandez Arttime also speaks of this unity and collaboration between provinces. I am grateful for Frs. Steve and Tim’s great willingness to work together and keep the lines of communication open.

On Thursday evening, I will fly to San Antonio to preside at the FMA final Vows celebration for Srs. Jaden Tran and Linda Gonzalez. I look forward to being with the FMA again (I was there July 16th, to celebrate the Jubilees of 15 Salesian Sisters of the Western Province), and join in the celebration of these two young women who make a commitment for the rest of their lives, to serve God and the young people entrusted to their care, in the Salesian way of life, with Don Bosco and Mary Mazzarello as models and Saints to inspire them. Congratulations, Sisters!

I will spend a few days at home in Laredo and preside at a family wedding. I fly back to Los Angeles on August 14th, to preside at the induction ceremony for our two novices, Damien and Quang.

On Monday, August 15th, the Directors and Pastors of the province, will gather at De Sales Hall, Bellflower, for a day of reflection and to celebrate Br. Vien Nguyen’s final vows in the evening, at St. Dominic Savio Church. We are grateful to God for these young men who are dedicating their lives to the service of the young. We accompany these young men and women (SDB and FMA) as they enter more deeply into a commitment of service with us, their brothers and sisters. Let us keep them in our prayers.

This year, in our province, we are strengthening our Vocation Team by adding Fr. Thien Nguyen and Fr. Kristian Laygo (part-time) to the vocation ministry, to work with Fr. Jose Lucero. While I am aware that vocation ministry belongs to everyone in the province and not just the vocation director, we must try new and different things to awaken in us and in so many young people, the desire to promote and hear God’s call to serve as a Salesian Sister, Brother or Priest. As the famous slogan, quoted often today, says: “It takes a village.” It takes a village to form a child. It takes a village (a team, a province, a community) to attract vocations to our Religious Life. Recently, the Archbishop of San Antonio, Archbishop Gustavo, mentioned to me that in his diocese, he has 6 full time vocation directors. Some are lay people and paid staff. But, this shows the commitment of that diocese to animate and promote vocations. This year, the Provincial Council, wants to stress “accompaniment” in our province. The Provincial needs to accompany the Directors, the Directors, the community members and the community accompany the young people and the lay people who work with us. Accompaniment is the key. This is how we will get more vocations. We must accompany our young people, not just in fun and games, but in leading them to a deeper relationship with God and in service. We must create moments of prayer, adoration, service and family events. If we are willing to do this and continue to invite and accompany, we will have many young men and women asking to join our communities. They will be attracted by our joy, our depth, our family spirit and our service. Let us pray and say, “yes,” but, let us also act. May God answer our prayers for vocations, which we pray daily, but also strengthen and give us the zeal and courage to invite, accompany and lead our young people to fall in love with God and stay with Don Bosco forever. May it be so!

With warm regards,

Fr. Ted Montemayor, SDB
With loving gratitude to God, Mrs. Anna Nguyen Thi Mau, and the Salesians of Don Bosco of the Province of Saint Andrew joyfully announce the Perpetual Religious Profession of

Dominic Vien Minh Nguyen, SDB

On the Solemnity of the Assumption of the Blessed Virgin Mary
Monday, the fifteenth day of August
Two thousand sixteen

Saint Dominic Savio Parish
Bellflower, California

Half past five in the afternoon
Reception to follow after the Eucharist in the Parish Hall
The experience of only 3 days in the Salesian Community in Bellflower has been of a great wealth for our vocational and pastoral growth. This experience has a great value knowing that in one year we will finish our theological studies.

We want to thank all the brothers who have helped and supported us to make this visit to Camp Savio 2016 possible. We want to share with you 3 aspects that we have learned in this short experience:

1. We have been witnesses of a charismatic openness between Salesians and lay people. Being a lay person who is in charge of the running of Camp Savio, where over 500 children and young people participate. Jc Montenegro is who has structured the experience for over 15 years.

2. We have learned the importance of the family educational environment. This was created in this Camp with the best atmosphere to promote leadership development in the camp counselors and the holistic human growth in the campers.

3. The originality of this camp is that through the whole month the creativity and the encounter among friends are promoted. Young people are exposed to the spontaneity and flexibility while in a well organized structure where every camper is guaranteed the accompaniment of a counselor.

Another thing that got our attention was the internationality of the congregation. We have SDBs and Volunteers from different parts of the world living together. The members of this community are from: Mexico, Spain, Venezuela, Vietnam and Ecuador. Beliefs and the Salesian charisma were enough to be welcome in this Salesians Home.

God Bless the Salesian Mission!

Fernando Javier Hernández Reyes
David Raúl Reynoso Ruiz
José de Jesús Medrano Pérez
I was given the opportunity to serve in ministry at the West Contra Costa Salesian Boys and Girls club in Richmond California. We are currently in our 6 week of camp with one more week left. The children learn how to use Microsoft PowerPoint and Microsoft word for various projects. Some of the projects included making business cards and postcards. Also the children get an opportunity to learn about arts and crafts, dance, and exercise. In the morning the children are taught about a virtue for the week such as this week we are learning about trusting others. The children also see a skit that reinforces the virtue theme of the week. We have gone on several field trips such as ice skating and science museums. On Friday’s we have a Salesian Crazy Friday Carnival the children play games and earn tickets to earn prizes. The best part of ministering to youth is showing them how much they are loved and teaching them to learn from mistakes. This experience has taught me that God has a plan for each one of us and how are we going to learn from what he has put in front of us.

This past Wednesday the board members of the Boys and Girls club hosted a farewell dinner for Father Thien they had many great things to say about him. One of the board member said “He is the Boys and Girls club” he made some positive changes over the years he was here. Everyone thanked him for his hard work and dedication to the youth here in Richmond California.

I hope everyone is have a safe and Blessed Summer.
In Don Bosco,
Br. Paul Garcia, SDB
My dear Salesian Family, my friends, spread throughout the world, I carry five dreams in my heart. They’re dreams which I believe are among the most beautiful fruits of the bicentennial of Don Bosco’s birth. The fourth of these dreams is the one about a Salesian Family that lives the joy of the Gospel because it’s convinced that it must be a Family of evangelizers and educators to our Faith – in every corner of the world where our Family is found.

I wish to remind you of the words with which Pope Francis begins his apostolic exhortation Evangelii Gaudium: “The joy of the Gospel fills the hearts and lives of all who encounter Jesus. Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness, and loneliness. With Christ joy is constantly born anew.”

The Holy Father is inviting every Christian to renew his personal encounter with Jesus or to allow himself to “be encountered” by Him, to oppose the risk of isolation or a rhythm of life that carries one like an oppressive whirlwind, leaving no room for others or for truly interpersonal relationships.

This is an enormously real and great challenge for us, Salesian Family, who must bring into the Church that gift which is uniquely ours: the powerful and irresistible charism which we have inherited from Don Bosco.

Why this dream? Because I truly would not wish to see Fr. Juan Vecchi’s words, which he spoke in reference to the primacy of evangelization, become prophetic: “It can happen that under the pressure of a multitude of activities, concerned about structures and busy about organization, we run the risk of losing sight of the horizon of our activity and appearing like so many activists or grassroots theorists, managers of works or structures, admirable benefactors but poor as regards being explicit witnesses to Christ, mediators of his saving work, formers of souls, and guides in the life of grace” (AGC, no. 373).

It’s part of our DNA, of the most authentic essence we’ve inherited from Don Bosco, to be evangelizers of the young, especially of the poorest of them. This is so, moreover, because we truly believe that God is waiting for us in the young
to offer us the grace of an encounter with Him. He expects us to be true servants of the young, to serve Him in them by recognizing their dignity and educating them to the fullness of life.

Those persons who live profoundly this reality prove the true joy of the Gospel. This is an existence that’s very different from the existence of those who, as Pope Francis says (Evangelii Gaudium, n. 6), are Christians who seem to live a perpetual Lent without Easter.

My dear friends, if we live with Don Bosco’s sensitivity and drink from the font of his charism, we can’t allow ourselves to fall into the temptation of pessimism and to a lack of joyful satisfaction. Certainly we must face difficulties, but it’s much more beautiful to animate every person in our groups to go forward by giving the best of themselves and of what we are; i.e., to show by our lives that we are educators and evangelizers, collaborators in God’s design, fired up for the young. We also need to show that we want to continue making this dream of Don Bosco become a reality, with the same enthusiasm with which he succeeded in handing it on to his first Salesians and lay people, and to do so together with our brother Salesians, within our Salesian Family, and with the many educators, friends, and laity involved in this work. In this way we may merit the title given us by Blessed Paul VI when he called us “missionaries to the young.”

To be missionaries in life means, first of all, to believe that Jesus is the center of our own lives. This means that we must truly believe that our lives are enriched when we give of ourselves, when we give ourselves up for others, and that, on the contrary, they’re weakened and saddened by isolation or seeking only our own comfort. It means believing that the most beautiful life is one that finds happiness by making others happy and giving life to them. “And may the world of our time, which is searching, sometimes with anguish, sometimes with hope, be enabled to receive the Good News not from evangelizers who are rejected, discouraged, impatient, or anxious, but from ministers of the Gospel whose lives glow with fervor, who have first received the joy of Christ” (Evangelii Gaudium, n. 10).

My dear friends, this is the heart, the core, of my dream for a Salesian Family which must feel that it’s more alive than ever before and that it has the ecclesial duty to offer the best of itself so as to give without cost what it has received without cost – as Jesus tells us in the Gospel (Matt 10:8).

My most beautiful wish is that our faces might always reflect this joy we dream of, a joy that comes only from Him.
Dear brothers, dear friends,

Last June Pope Francis visited the headquarters of the World Food Programme (WFP) in Rome. In his speech he said: “I desire that the fight to eradicate the hunger and thirst of our brothers and sisters, and with our brothers and sisters, will continue to challenge us not to grow weary and to keep dreaming – both of these! - in seeking creative solutions of change and transformation.” We can tell the Holy Father: This is what our dear Father Don Bosco has always wanted to do, to be on the watch, but always dreaming. Here’s what he has taught us to do. “Where are the Salesians?” Don Bosco wrote in his letter from Rome (1884). Since today Pope Francis invites the religious to “wake up the world”, we could also say: “Why are the Salesians sleeping?” And because sometimes we sleep, we cannot dream. At the origin of every missionary vocation is always the ability to keep awake before the enormous challenges of mission, and of course, to dare to dream. Are you awake? Would you still like to dream? The mission ad gentes, ad exterios, ad vitam can knock any time. Do not sleep! Continue dreaming!

Fr. Guillermo Basañes SDB
Councilor for the Missions

Volunteer Service is a Work of Mercy

This merciful love, as in the early days of the Church, is witnessed to by many men and women of every age and condition. The considerable and growing presence of women in the missionary world, working alongside their male counterparts, is a significant sign of God’s maternal love. Women, lay and religious, and today even many families, carry out their missionary vocation in various forms: from announcing the Gospel to charitable service. Together with the evangelizing and sacramental work of missionaries, women and families often more adequately understand people’s problems and know how to deal with them in an appropriate and, at times, fresh way: in caring for life, with a strong focus on people rather than structures, and by allocating human and spiritual resources towards the building of good relations, harmony, peace, solidarity, dialogue, cooperation and fraternity, both among individuals and in social and cultural life, in particular through care for the poor.”

Pope Francis
Message for World Mission Day 2016
The Achuar are an indigenous people of an area between Peru and Ecuador, belonging to the Jivaroa family, as the Shuar, the Shiwar, the Awajunt and the Wampis. They live on the banks of rivers Pastaza and Huasaga. The word “Achuar” originates from the name of the great palm trees of that region; the natives translate the word as “man of the swamp”.

It is there that Salesian Fr. Luigi Bolla commenced a missionary adventure of 50 years, moved by his passion for announcing the Word of God. I bring the Word of God to 4 tribes: Shapra, Kandozi, Shawi and Awajun. He visits each one of them only once a year and remains there for 3-4 weeks. I usually travel in a boat called ‘peque-peque’, after the noise it makes when it sails.

The missionary goes into the forest to bring the Word of God, to celebrate the sacraments and the Eucharist, to read the Bible and pray the rosary. To children he teaches catechism and to play football. When he arrives at one place, he is offered a drink called “masato”, made with manioc, which has a different taste in each tribe and is served by the women. In indigenous families, the tasks of men and women are very well defined and distinct. The population grows manioc, maize and rice.

Those who visit the missionary, in the midst of all that vegetation, wonder: “Where does this person draw the strength from to announce the Good News in such a place?” “When I sail in my canoe for six to seven hours, I pray the Rosary and the Chaplet of Divine Mercy. This gives me strength. Without the contact with God, I cannot do anything. Because of this, prayer, and prayer, and prayer again is essential for a missionary. In my journeys, I also read books and always remember that a missionary must sow. Jesus never deceives us and knows how to draw us out of the greatest problems”.

Fr. Joseph Kamsa
Polish, missionary in Peru

Witness of Salesian Missionary Sanctity
Fr. Pierluigi Cameroni SDB, Postulator General for the Causes of Saints

Venerable Laura Meozzi (1874-1951), Daughter of Mary Help of Christians, a missionary in Poland, once wrote: “ Totally trust in the Lord and in his infinite mercy, abandon yourself to him with great filial trust and love him without reserve, and offer him all the little trials every day at every moment always strive to have hands full of flowers and spread them over the thorns you encounter”.

Salesian Missionary Intention

That missionary groups and missionary voluntary service may continue to grow in every Province of East Asia.

In all the Provinces of East Asia - Oceania Region the culture of mission groups is gradually being fostered. The missionary voluntary service, already established in the last 20 years, is also being strengthened. Let us pray for the growth of the missionary spirit through youth groups and the missionary voluntary service.
Our annual Golf Classic is St. John Bosco’s largest athletic fundraiser benefiting the St. John Bosco Football Program.

More than 200 guests will join us for golf, silent and live auction, dinner and entertainment. Proceeds provide vital funds used to support the St. John Bosco Football Program, including but not limited to equipment purchases, team travel expenses, technology and athletic training support.

The students in the St. John Bosco Football Program ask that you please consider supporting the growing needs of the Football Program by sponsoring or participating in the Bosco Golf Classic.

Recognition of your sponsorship will be featured throughout the golf course, as well as in the program that will be distributed to each guest attending the event.

For questions regarding the event, contact Amy Krisch at (562) 920-1734 ext. 231 or by email at akrisch@bosco.org.
Bosco Golf Classic

Friday, August 12 | 11 a.m. Shotgun
El Dorado Park Golf Course
2400 N Studebaker Rd, Long Beach, 90815

Cost:

- **Individual Player:** $200
- **Foursome:** $800

All Golfers Receive:

- Lunch & Awards Dinner
- Driving Range Access
- Complementary on Course Food/Beverage
- Commemorative Gifts

AUGUST

SALESIAN MISSIONARY INTENTION

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I am approaching the subject of weight gingerly. Why? I don’t want people to think that I am critical of you just because you might be on the “heavy” side. I want to have a deeper understanding of weight and how that affects your health. For the coming weeks, we will unravel how our weight could change our health and more importantly what can we do about it. I dare not offend you by making broad statements about weight or obesity. Hence I was extremely happy to come across this website “Weight Matters” in their introductory statement about why weight matters. It begins with an opening statement which reflects my belief and my motivation to begin our conversation on weight.

The issue of weight matters to people in many different ways. It evokes many different emotions and can often be difficult to talk about with your healthcare provider, spouse, friend, loved one or others.

The most important reason why weight matters is because of your health.

There are many health implications that accompany excess weight, such as diabetes, hypertension, sleep apnea and others. Sometimes weight can even affect emotional health as well. It is not uncommon for someone dealing with weight issues to be affected by depression or a lack of self-confidence.

Gaining excess weight and realizing the health implications is not always the easiest thing to recognize. In fact, most Americans do not realize that they are affected by excess weight or obesity, or even at risk for weight-related conditions. This is why it is so important for you to realize that YOUR WEIGHT DOES MATTER!

Let me begin by going into the physiological component of a fat cell this week. From Wikipedia in its definition of Adipocyte: Adipocytes, also known as lipocytes and fat cells, are the cells that primarily compose adipose tissue, specialized in storing energy as fat.

Your homework assignment from the Care Ministry this week: get your weight and height ready. Next week we will need these measurements to know your BMI (Body Mass Index).

The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com

I was reading Sing Tao Daily, a Chinese newspaper that is distributed all over the world from Hong Kong. One article caught my eyes today. It pertains to a Chinese doctor Dr. J. Ng describing the toxins in your body from herbal Chinese medicine’s perspective. Let me highlight some of the points for you and see how close her description to the findings from Western medicine.

There are many toxins in your body, Dr. Ng says in her article. If you do not discrete the toxins, your body will be “on fire” with symptoms of various diseases like simple problems of constipation and wet cough to bigger problems like the formation of a tumor. What is a toxin? Dr. Ng asks? She says that in the thinking from the traditional Chinese medical approach, “too much of the unhealthy stuff translates into toxins.” In another words, things that are not nourishing to your body are harmful. Examples are bodily wastes such as accumulated phlegm in your lungs and airway, excessive fluid, blood clots, gas, fever and tumors etc. All these, unless they are properly attended to, will become toxins.

Where did the toxins come from? Dr. Ng describes the internal and external causes. From outside the body, environmental pollutions include bacteria, virus, parasites, noise, radiation and unhealthy air. Natural sources such as wind, cold, heat, moisture, dryness and flame (probably means fever) in inappropriate volume could be harmful to your body.

Inside the body, toxins are waste products that are not properly excreted. In the normal process of metabolism, their wasted end products are gotten rid of the body via breathing, digestion, bowel movement and circulation. If the waste builds up in the body, it becomes toxic.

Reviewing these main points, the current thinking in the Western world is almost identical. A good example is the condition of Cystic Fibrosis, a genetic disorder that affects mostly the lungs but also the pancreas, liver, kidneys, and intestine. Thick mucus in the lungs and airway causes frequent infection and breathing difficulty. There is no cure at this time for cystic fibrosis. Excessive fluid could translate into conditions with kidney or heart problems. Blood clot is evident by
strokes and heart attacks. Radiation exposure is an example of external factor with a higher risk for brain cancer. Cigarette smoking and even second hand smoking is a prime example of toxins causing cellular changes/cancer in the lungs.

We can also appreciate the natural sources making us sick: think about the spring season affecting millions who are prone to pollen and allergy. The idea of “too wet” and making you sick is not new. Think about sinusitis; it can present with excessive secretion in the nose. Fever, or flame, is a symptom in your body signaling an internal defense against pathogen.

For years, we (in the Western world) were trained that the airway is sterile. Now we know that it is not the case. Our body is loaded with thousands of germs. The recent studies on microbiome taught us some simple concept – in our body, we have tons of germs, both good and bad, and it is the balance between maintaining the good germs and suppressing the bad ones that keeps us in a healthy state. This concept of balance is one of the main doctrines of Chinese medicine. To be healthy is to know how to keep a balance so that the toxins would not take over. Getting rid of the toxins is a way to maintain a balance in the body. Unlike Western medicine, Chinese medicine does not offer the explanation at cellular level, but sounds like our Chinese ancestors got the key points by stressing a good balance in your body. One of the simple approaches to assessing your health is to answer this simple question: “Do you eat well, sleep well and poo well?” If yes, you are in good health. Sweet and simple: we don’t need to go into the T and B cells, and the molecular level to understand the simplicity of being healthy. If you have a medical condition, it could affect your appetite, your sleep and the way you excrete waste. Hence I come to the conclusion that both Chinese and Western medicines have the same goal: keeping a balance in your life.

- Your homework assignment from the Care Ministry this week: Identify an internal toxin in your body and an external toxin in your environment.
- The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com