Dear Salesian Sisters and Brothers,

Last weekend, the provincial council and I met for our August gathering. We gathered on Sunday evening and met all day Monday and Tuesday. We met at St. John Bosco High School in Bellflower. The Provincial Council met on the first floor, in the lobby. There is a meeting room that has glass windows from ceiling to floor and all can see who is meeting and those inside can see whatever is going on in the Lobby. It was an interesting meeting in that “fishbowl” meeting room. It allowed us to see the kids as they moved from class to class and took their breaks. And, I presume they saw us. As we met to discuss province matters, we were reminded, rather strongly, that our mission and all of our decisions are/were for the sake of the young.

Our agenda, at the provincial council meeting dealt with some of the following items: Personnel, Finances, some future events, ie., FMA-SUO joint meeting on October 8th, Formation, Youth Ministry, Evaluations of some of our events (retreats, Directors/Pastors meeting day, Induction of our novices and final vows ceremony), Future calendar events and ongoing redimensioning reflections and future steps. The provincial council also likes to take some time to reflect on some topic, such as the Jubilee year of Mercy, Social communications and our Gospel message, some Church or Congregational document, etc. Overall, the meetings were good and we were able to spend some time with the local community.

A week from today, Mother Teresa of Calcutta will be canonized by Pope Francis. As I reflected on the readings from Scripture for this Twenty-Second Sunday in Ordinary Time, I was inspired and moved by the sacred words challenging us to live a life of humility. The Book of Sirach in the first reading reads:

“My child, conduct your affairs with humility, and you will be loved more than a giver of gifts. Humble yourself the more, the greater you are, and you will find favor with God.”

Mother Teresa soon to be St. Teresa truly followed this teaching.

Mother Teresa is such a contrast to...
the prosperity Gospel which pro-
claims that being rich and having
many possessions is a sign of suc-
cess and holiness. Mother Teresa
like Pope Francis, loved the poor
and was known for her mercy and
for being a visible sign of God’s
mercy. She is a wonderful model
and example, especially, during this
year of mercy. For Mother Teresa,
God was the God of all, Christians,
Moslems, Jews and of all peoples.
Basing her life on the prayer of St.
Francis, Mother Teresa was truly a
visible sign of God’s compassion
and mercy. Her humility gave her
power and made her a powerful
spiritual image to the world. Mercy
comes from humility. The one who
can show mercy shows their own
fraility and is conscious of the bless-
ings they have received from God
and others. Mother Teresa, like
Pope Francis, was aware of her sin-
fulness and her need of mercy. And,
because of this awareness, Mother
Teresa was able to show radical
mercy to others.

Tomorrow I drive up to San Fran-
cisco for a week before heading
back to Los Angeles for the Labor
Day weekend. My plans are to
drive back to San Francisco on La-
bor Day. I will miss our province
picnics in the South and North.
Let us keep in prayer the two nuns
murdered in rural Mississippi last
week, Sr. Paula Merrill, Sisters
of Charity of Nazareth and Sister
Margaret Held, School Sisters of
St. Francis. They too have given
their lives in service of the Gospel
and the poor. They put their lives
at risk and served their community,
like Mother Teresa, with dedication
and humility. They too are heroes
and saints.

As we begin this new school year
(some are beginning classes this
coming week), let us remember
Mother Teresa and Sisters Paula and
Margaret in our prayers and thank
God for the gift of these women
who have modeled for us service,
humility and mercy.

With warm regards,

Fr. Ted Montemayor, SDB

“It is not enough to love the young.
They must know that they are loved.”
— St. John Bosco
ROSEMEAD, CA—Don Bosco Technical Institute (Bosco Tech) will host “Gear Up for High School” for elementary and middle school students and their parents, teachers, and administrators on Wednesday, September 28, 2016, from 6 to 8 p.m.

During the free event, representatives from approximately 25 local Catholic private and archdiocesan high schools will provide information and answer questions about each school’s admissions process, curriculum, and academic and extracurricular programs.

“As a convenience to families in our community, we’re gathering local private high schools in one place,” said Bosco Tech President Xavier Jimenez. “Gear Up for High School is a great opportunity for younger students to learn more about the many quality Catholic secondary schools in our area and plan ahead.”

Visit Bosco Tech’s Facebook page (www.facebook.com/weareboscotech) to register. Call (626) 940-2009 with questions. Free parking is available in both the lot located on San Gabriel Blvd., north of the school’s front entrance, and the lot off Arroyo Dr., between Rose Glen Ave. and Paramount Blvd.

Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. With a 100-percent college acceptance rate each year, more than 60 percent of Bosco Tech graduates pursue STEM-related majors in their university studies. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields. For more information about the school, visit www.boscotech.edu or call (626) 940-2000.

According to Niche.com, Bosco Tech ranks in the top three of all-boys schools in the Los Angeles metro area and among the top 100 all-boys high schools in America. Founded in 2002 by Carnegie Mellon University students as CollegeProwler.com, Niche provides reviews from everyday experts on neighborhoods, colleges, and K-12 schools to provide students, families and professionals with insight into important life decisions.
Hernán Cordero first Ecuadorian volunteer in Africa 1991

Background

This is a capsuleized summary of a global research by our former Salesian volunteers. The survey was taken by 438 volunteers from 28 different countries. These volunteers served in 66 countries between 1980 and 2015, which gives us an extensive data of the scope of our global Salesian volunteer programs.

I will now present the most relevant topics from this research. Although there are other topics I believe are important but because of the lack of time and space I shall exclude them from this document. The missing topics will be included in the final draft which is required to obtain a Doctoral degree from the Comillas University in Madrid Spain.

This research was possible with the support of our Salesian Mission Animation and Youth Ministry departments. I would like to acknowledge the collaboration of Fr. Martin Lazarde and the crucial information he shared for this investigation. I hope you enjoy reading the results of my research, which gives us a deeper sense of who our Salesian volunteers are and how we can accompany them through their vocational journey experience.
The Salesian Volunteer

The majority of our volunteers are young people between the ages of 18 to 24. I find that as these young men and women transition from finishing their high school or college education, and opt for a year of service for the following reasons: a sense of solidarity (31.7%), of religiosity (22.2%), to grow intellectually and expand future horizons (20.1%), as a vocational call to consider religious life (10%) or simply because they were inspired by a witness talk given by a volunteer (10%) and therefore they felt the impulse to volunteer.

Whatever it was that motivated their decision to become Salesian volunteers, the benefits they accrue are amazing. Upon the completion of their volunteer experience I found that these young men and women acquired: a strong sense of being, better self-management, skills developed that help them understand and adapt to their environment, how to work with others and a better relationship with God. In this research 93.4% of the former volunteers shared that their volunteer experience helped them find the job they now have. Another important piece of data is 69% of the ex volunteers have attained a college degree.

Even though the volunteer experience provides many benefits in the lives of these young men and women, these don’t come easy as they are also faced with some struggles. Growth comes as one faces life’s challenges. Our volunteers are forced to adapt to a new way of life such as: living in community, having to follow a schedule, and deal with different personalities within the community. Most notably, the culture clash that forces these volunteers to leave their own comfort zone. Many of these young men and women find themselves in another culture, experiencing different diseases to which their bodies are not accustomed; having to learn and speak another language, practice new activities foreign to them and meeting different people with different cultures, etc. All these “challenges” enrich the volunteer experience.

Considering that each volunteer leaves behind everything to serve, we must ask the following: Are these volunteers part of those whom we serve? or are they just people that “come to serve” us?

The answer to this question can change the perception of how we see our volunteers globally; how we make administrative decisions and how we accompany them to support their journey.

If we consider our volunteers as part of those we serve, through this Research I want to know if their experience has helped their spiritual growth. Actually, 7.5% answered that they didn’t experience spiritual growth at all. Some of the reasons, among others, were: they felt they were not accompanied, they had too much work and not enough time to reflect, and they didn’t have good

Places where the volunteers come from
or expect an immediate satisfaction to their needs. Therefore, our volunteer programs could serve as an evangelization tool, where young people learn to live life in a counterculture environment that will prepare them to adapt to different ways of life or different work environments in the future.

Something that was perceived in the survey was that some of the young men and women are not Catholic; therefore it is important that if our volunteers are going to serve in a religious community serving our young people; they must adhere to the rules and guidelines in the community. This might seem unnecessary but being part of the community prayers, days of recollection, and community meals does make a different. One volunteer shared, “...my experience living in community taught me that my faith is important, to express it and accept that I’m a son of God. Through this experience I truly understood what is to be a Salesian because I used to believe that I was Salesian but not Catholic. Now I understand that without the church there is not salesianity, I understood Don Bosco’s vision to give myself to the young to live life”.

I do not mean that our organization must become exclusive, but that is important for the volunteers to have a clear understanding of our expectations within the organization. Many volunteers struggle in their service because they don't have a clear understanding of what is expected of them before they start their volunteer service. Some even shared that they felt insecure about what their future might be like as a volunteer before joining the program.

In conclusion, the volunteer experience should challenge the individual to leave their own comfort zone. Leaving a normal life behind to become persons that are a point of reference in leadership

In our present society, the new generations of young people seek spiritual role models.

Another aspect that I questioned our volunteers about was their growth in sacramental life. I found that 19.8% felt that there was not any growth at all. One of the volunteers shared, “it was discouraging to see the internal interaction between the sisters and the brothers. I felt that I was about to lose my faith, witnessing how the church works within the system, the lack of transparency in the workplace, and the misuse of money. The environment among the volunteers was not the best either. The sisters did not invest enough time to build team work”. A situation like this could have been prevented or dealt with through good communication, discussing the different perceptions that might have surfaced. Although it was perceived that most of the persons interviewed did not have a clear understanding of what a sacrament is. So, are the volunteers part of those whom we serve?

In our present society, the new generations of young people seek spiritual role models.
and who serve their fellow human beings. Such is the case of our volunteers who serve in orphanages, where responsibility and reliability are highly valued and expected. In the schools, our volunteers are expected to become teachers who have to prepare lesson plans and teach; others are expected to lead youth ministry programs in our local parishes. Many learn to be patient as they work with our street children. Whatever the environment might be, our volunteers develop many skills that perhaps they did not even know they have.

Many of these skills would never have been developed in a world where youth are not trusted but once they arrive in our communities these young men and women find that they are trusted and encouraged to develop these skills.

Such experiences provide a way for our young people to become excellent Christians and good citizens. I can conclude that our volunteer programs form leaders for our society.
Homemade Shanghai drunken chicken, Toishan glutinous rice ball soup, and the popular Hong Kong egg puffs are just a few of the many delicious foods showcased at the well advertised Taste of St. Bridget’s annual fundraising event.

Against the backdrop of excitement fueled by children laughing and playfully circling the attractive dessert booths, I managed to make my way through the crowded aisles of food stands, speedily redeeming my prepaid tickets for my favorite dishes before the food sold out while trying to catch a faintly overheard conversation of an elder parishioner ‘chef’ confessing his secret recipes to our priest, Fr. John Lam. In the midst of this excitement, I immersed myself in Taste of St. Bridget’s on this summer day. It dawned upon me that this is a Salesian community at its best. I taste the love of our supporters, as the goal of Taste of St. Bridget’s is to fund community programs through generous donations, such programs include Youth Summer computer programming courses, children arts and crafts classes. I see Jesus in each of our supporters’ smiling faces evangelizing through actions and building a better future for our community. At St. Bridget Chinese Catholic Church, I taste and see the goodness of God.

By Richard Cheung
Pastoral Parish Council President, St Bridget Chinese Catholic Church, Los Angeles CA.
Salesian Spirit: Born from the Lay Formation of Francis de Sales

Salesian Family Day of Recollection

Presented: Fr. Joe Boenzi, SDB
Professor at the Institute of Salesian Spirituality (ISS) and at the Dominican School of Philosophy and Theology (DSPT) in Berkeley, Ca. He is also a visiting Professor of Spiritual Theology of the Salesian Pontifical University (UPS) in Rome, Italy.

Doors open at 9:00am
Cost: $20.00 (Includes Continental Breakfast & Lunch)

Saturday
September 10, 2016
Don Bosco Technical Institute
LIBRARY
1151 San Gabriel Blvd.
Rosemead, CA 91770

To Register Please Contact:
Elena La Rosa 626-232-9975

9:30am Welcome
9:45am Community Building
10:15am Opening Prayer
10:30am Session One: Christian Formation in Hostile Times: Biographical Notes of Don Bosco’s Model, Francis de Sales
12:00pm LUNCH
1:00pm Session Two: Missionary Foundation of the Salesian Spirit, from Francis de Sales to Our Times
2:30pm Break
3:00pm Reflecting on Your Salesian Formation Journey Presented by ASC Formation Team
4:00pm Mass

Registration Form

First Name _____________________ Last Name _____________________
Phone Number ________________________________________________
Mailing Address ______________________________________________
____________________________________________________________
Salesian Family Connection ______________________________________
____________________________________________________________
Checks should be made out to ASC (Association of Salesian Cooperators)
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.

David Scharadt in the June 2016 special feature of the Nutrition Action had a nice explanation of what causes beer bellies in men and women. The language is simple, and the data are evident-based from experts. I want to share some of the highlights with you this week to finish our discussion on visceral fat.

Visceral fat is packed deep in the abdomen around the liver, kidneys, and other organs. It’s the pot in pot bellies. Women, on the other hand, are programmed to store more of their fat subcutaneously – that means just beneath the skin – in their hips and thighs. “That’s the fat they can draw on to support the energy needs of pregnancy and breastfeeding,” notes Dr. Deborah Clegg of Cedars-Sinai Medical Center in Los Angeles. Why did men and women evolve to store fat so differently? Dr. Michael Jensen of the Mayo Clinic said that you can probably run faster if you store your fat in the upper body than the legs. That is important if you are a hunter. Another advantage of visceral fat is that it’s got a lot of immune cells and responds very vigorously to injury. Visceral fat can actually wrap itself around abdominal organs that are damaged during hunting or fight and ward off infections, increasing the chances of surviving.

But few men today need to move quickly to survive. In lean men, visceral fat is useful. It efficiently removes fat from the blood-stream,
stores it, and then quickly puts it back into the blood when needed for energy. But for many of today’s men – whose hunting excursions are largely confined to searching for the TV remote – visceral fat becomes a liability. Visceral fat piles up when we continually consume more calories than we need. Our subcutaneous fat cells, which normally would soak up most of the extra calories, can’t keep up. If the subcutaneous fat can’t do its job, visceral fat becomes the fallback storage place.

“If you have a lot of fat in your body, you want to store it in your hips and thighs, because that fat depot is not linked to disease,” notes Clegg. The good news: If you lose weight, most of the first pounds that come off will be from your belly. As weight loss progresses, people typically begin to lose equal amounts of subcutaneous and visceral fat. An exception may be people in their late 70s or early 80s – the fat cells only live about three to seven years, after that, we need new ones to replace the old ones that die. But older people may run out of some of the precursor cells in their subcutaneous fat, notes Jensen. So older people lose some of their subcutaneous fat depot and retain visceral fat.

• Your homework assignment from the Care Ministry this week: Choose two ways to reduce your belly fat.
• The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com

Foods That Burn Body Fat Faster