Dear Salesian Sisters and Brothers,

Tonight the Province of San Francisco will be honoring 17 Salesians who have reached a milestone in their vocational journey. These men are celebrating 70, 65, 60, 50, 40 & 25 years of Salesian profession and some also are celebrating 60, 50, 40 & 25 years of Ordination to the Priesthood. One Salesian, not included in the list, is Fr. Chris Woerz, who would have celebrated 40 years of Ordination, but left us to his eternal reward a year ago this month of September.

The celebration will include the Eucharist at Sts. Peter and Paul Church in San Francisco, followed by a reception in the Church hall. 400 guests are expected to attend. I wish to express my congratulations and anniversary wishes to all our men being honored, both those present and those who could not attend for different reasons. We as a Salesian Province are deeply grateful for their service and faithful witness. If my calculation is correct, their years of ministry totals to 870 years of service. The Church and the Salesian Congregation salutes these men and is proud to call them, “faithful servants and brothers in the vineyard of the Lord.” I am always amazed at the story and personal history that has brought each of my brothers to this place today. As provincial, I have been blessed to hear some of these stories during my visitations and I bless God for his mercy, compassion and grace which have been showered on these men throughout their lives and upon us as a province. We give THANKS for their service and for God’s continual presence and guidance. We offer our Jubilarians our Gratitude and our prayers as they journey into the future, filled with great expectations of the blessings and surprises that God still has in store for each one of them. Happy Anniversary and many more years of joy and delight in God’s service as Salesians!

I wish to thank Fr. John Itzaina, Pastor of Sts. Peter and Paul and his staff, for all the work in preparation for this beautiful event.

Monday and Tuesday of this coming week, the provincial council

### SEPTEMBER BIRTHDAYS

- Fr. Avelino Lorenzo..........01
- Fr. Paul C. Nguyen..........04
- Br. Larry King...............06
- Br. Khoa Luong..............07
- Fr. Richard Presenti.........13
- Fr. Luis Oyarzo.............16
- Br. Bruno DePretto..........17
- Fr. José Lucero.............18
- Br. Pat Maloney.............18
- Fr. Gael Sullivan...........29

### 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. Jerry Weirich, SDB**
- **Fr. Leo Baysinger, SDB**
- **Fr. Rafael Saiz, SDB**

### REST IN PEACE

- **David Sims**
  Nephew of Fr. Thomas Prendiville
  died suddenly, Sept. 4, 2016, age 47.

- **Josephine Walker**
  The aunt of Fr. John Roche died
  at age of 93, July 28, 2016.
will meet at Sts. Peter and Paul for our September gathering. Please pray for the provincial council and myself as we continue to tackle the different issues in the province and guide our brothers and collaborators to a place of greater apostolic effectiveness and fraternal witness.

Next Wednesday, September 28th, I plan to begin my visitations for the coming year 2016 – 2017. A schedule will be sent out but my first visit will be to the community of Watsonville, St. Francis Salesian community. I ask for your prayers as I begin anew this time-consuming but blessed experience of visiting our different sites, listening to my brothers and those who work with us and celebrating the magnificent ministry being done in each of our works and communities. So much good is being done. Let us celebrate what is good in our world. Yes there are problems and issues to be resolved but God continues “to work marvels” in our Salesian sites.

In a few weeks, the delegates for Youth Ministry from our Inter-American Region and the delegates for the Preferential Option for the Poor, will be visiting our province. The dates: October 9 – 23. We, the San Francisco Province, will be hosting these two groups. Much preparation has been done and I thanks Br. Al Vu and his staff and Juan Carlos Montenegro for their untiring work in seeing that all is ready. Several members of the General Council are expected to be present.

On Thursday, October 13, all the leaders of the province, both religious and lay, are invited and strongly encouraged to attend a day of formation and sharing on the topic of migration and immigration. A letter has been sent to all the Directors and Pastors of each Salesian community and to our lay leaders, to inform them of this day. The gathering will take place at St. Joseph’s Renewal Center in Rosemead. The day will begin at 9am with a keynote talk by Fr. Thomas Brennan, SDB, former NGO Representative of the Salesian Society to the United Nations. The day will include a Eucharist with Bishop David O’Connell, Auxiliary Bishop of the Archdiocese of Los Angeles, San Gabriel Region. Other speakers have been invited and time for discussion and meeting in different province groups will also be part of the day. Please make every effort to attend. The whole Salesian Family, especially, those in leadership, are invited. The day will include English and Spanish.

The issue of immigration and migration is an important one for the whole Church. Pope Francis never tires in calling our attention to those suffering because of the many migrants and immigrants throughout the world who find themselves displaced and homeless. We are challenged to respond as a Church. It is not easy to know what to do and how to do it. Many of us feel afraid of strangers and fear those who come from other places with different cultures, languages, customs and, even religions, not our own. But, a powerful step for our province is to begin the journey of awareness and education. Even in this area, many are fearful. In this election year, we hear so many sound bites that carry false and erroneous information. We do not question these statements and pass them on to our young people as “truths.” Because we are not a reflective and “critical” society, we lack the depth to challenge and stand up to the Gospel values given to us by Jesus Christ and his Apostles. We are guilty of rejecting the poor, those displaced, the vulnerable and weak when we are not willing to be correctly informed and challenged. As today’s reading from St. Luke’s Gospel (Twenty-Sixth Sunday in Ordinary Time) reminds us—the sin of the rich man was not that he lived a rich life, but that he ignored the poor Lazarus outside his gate. His sin was the sin of complacency. There is much to reflect here in my own life. May God’s powerful Spirit move our hearts, inspire us to action and give us the courage not to fear those who are different from us. I pray that our Salesian Western Province will always be known as a province that is not afraid to reach out to welcome all peoples and not afraid to be inclusive in every area of human living. May we never be afraid to proclaim the Gospel of the poor, the immigrant, the vulnerable and the weak—especially, during this year of Mercy.

With warm regards,

Fr. Ted Montemayor, SDB
Anniversaries of Professions & Ordinations 2016

With Gratitude to God, the Salesians of Don Bosco of the St. Andrew’s Province joyfully announce the Profession and Ordination Anniversary Celebration of our Brothers.

Profession

Fr. Thomas Prendiville (70)
Fr. Harry Rasmussen (65)
Br. Patrick Barbariol (60)
Fr. Harold Danielson (60)
Fr. Thomas Juarez (60)
Fr. Albert Mengon (60)
Br. Robert Hennings (50)

Br. Patrick Maloney (50)
Fr. James Nieblas (50)
Fr. Marc Rougeau (50)
Fr. Gael Sullivan (50)
Fr. Mel Trinidad (40)
Fr. Thinh Nguyen (25)
Fr. Thomas Thodukulam (25)

Ordination

Fr. Thomas Prendiville (60)
Fr. Harold Danielson (50)
Fr. Thomas Juarez (50)
Fr. Albert Mengon (50)

Fr. Gael Sullivan (40)
Fr. Tuan Nguyen (25)
Fr. Joseph Matthew Paradayil (25)

The honor of your presence is requested at the Eucharistic celebration on Sunday, September 25, 2016 at 5:00 p.m.

S.S. Peter and Paul Church

660 Filbert Street • San Francisco, CA 94133

(Dinner reception immediately following the Eucharist)
Anniversary Celebrations
September 25, 2016
Saints Peter and Paul Church, San Francisco.
When I was a candidate 25 years ago at De Sales Hall along with fellow candidates, Joe Nguyen and Tom Mass, Fr. Peter was the director, John Roche was the vocation director, Cris Hood, and members of the formation team: Br. Jack McLinden, Fr. Mario Mich, Fr. Mirko Flak and Fr. Louis Masoero. Fr. Mario, I recall, would invite me many times to go shopping with him to buy food for the community or attempted to teach me to play tennis. What struck me most is the conversation we shared through our time spent together. I’ll never forget the bike rides on the levy to Seal Beach with Br. Jack and the interesting conversations we had when we stopped half way to eat our sandwich. I still savor the very interesting conversations I had with Fr. Mirko Flak who shared his crazy adventures he had many years while he was working at the Camp Pala Rey.

During my Novitiate, Br. Larry King taught us, the Novices, Liturgy and emtome the psalms as well as different Salesian Hymns. His gentle nature and love for Liturgy and music fascinated me.

When I moved back East to South Orange, Fr. Frank Klauder, my Philosophy Professor, and Br. John Zito both shared their family stories that I still remember. Fr. Frank used to drive me to Philadelphia to visit his sister about once a month. Our two and a half drive was filled with many stories, rosary praying and quite a few laughs. Fr. Frank loved to laugh. Br. John Zito invited me to attend a family event in Niagara Falls and trusted me to drive us there, yes we all survived. He also asked me to invite a friend for that trip and we had the time of our lives.

Fast forward just a few years when I was in Theology, Guadalajara, Mexico - the Salesian who I was closest
to was Fr. Miguel, the eldest SDB in the community. He was not only a mentor but a great friend. During my second year of Theology when I moved to Berkeley, Fr. Arthur Lenti was perhaps the professor to assign us the most readings ever, but I learned a lot of amazing stories and lessons from his class.

I’ll never forget my first assignment as a Priest at Don Bosco Tech circa 2006, I had made it a priority to exercise and swim. To my surprise, Br. Tony Freitas, who was 84 years old, asked if he could join me to swim. WHOA, really? I was so excited and it became a regular routine to go for an afternoon swim three days a week. I loved Br. Tony, his holiness, his love for Christ and our Blessed Mother. He was a great example of love for Christ in the Eucharist and the Blessed Sacrament.

In 2009 I got my first assignment to a Parish as a CYM, living in a community with Fr. Al Pestun and Ed Liptak was anything but dull. These men not only worked very hard in their various parish ministries, they knew how to have a good time and spent every afternoon having a drink and enjoying one another's company. I quickly learned that although I was at the parish to carry my CYM duties, it was also important for me to make time with my confreres to get to know one another.

As I reflect on the relationships and friendships I have with different confreres, I’d like to point out that through the years of living with older confreres, past and present, I have learned so many rich life lessons and continue to learn from these brothers of ours who have so much knowledge, wisdom and life experience.

On August 15 I was touched and moved to tears as I watched Br. Phil, Fr. Harry and Fr. John from my St. John Bosco community slowly approached the altar in their scooters and wheel chairs to embrace Br. Vien Nguyen who just took his perpetual vows. Watching these brothers who are elderly, sickly and tired to go up to share a fraternal embrace of love, encouragement and accompaniment of a young brother is itself a testament of a life well lived for the Lord and for others.
I cannot speak for others but I can truly say that for me, it is through the examples of these great men, their perseverance, love, dedication, service and accompaniment that I have continued to renew my love for Jesus Christ, for Mary our mother, for St. John Bosco our founder and grow in love of my vocation. I can honestly say that I have had my own struggles particularly after having lost a brother and a sister, but through listening to the stories of our brothers, enjoying the quality time spent with each one of them and discovering what a great gift they have been and continue to be for me has helped me to maintain perseverance in my vocation. I can share that through the life lessons I have learned and continue to learn from each one of our brothers, I am discovering how God is calling me to be the best Salesian I can be through the gifts, talents, knowledge, and wisdom I bring and by trusting God that this is where I am called to serve.

Hopefully through the example and witness of the told and untold stories of our brothers, through the sharing of our vocation stories, the witness of joy and optimism we bring to the Salesian table, many more young people will have the courage to say, “I want to be like that Salesian” called to live in community with brothers who love and support one another in their vocation and say YES to follow the call of love and service to others especially to young people most in need.

Affectionately yours,

Jose Lucero, SDB
Today is September 18, 2016, from our liturgical time; it is the Twenty-fifth Sunday in Ordinary Time. At St. Joseph Salesian Youth Renewal Center, Rosemead, there is nothing ordinary about this Sunday Mass. The front rows were percolating with laughter and joy. The new faces looked familiar and there was an amazing excitement about their participation in this Mass. There was a sense of jubilation and gratitude among these visiting families. The elders of the families caught my attention; they were beautifully dressed, mild mannered and extremely gracious. They were beaming with pride and joy throughout the Mass. I was thinking hard: “What is the special occasion that brings these beautiful families in to St. Joseph?” Mystery solved. At the end of the Mass, Fr. Paul Chuong Nguyen announced: “My mom and dad are here visiting from San Jose.” They brought with them Fr. Paul’s siblings and families. You might ask: “What is the big deal about parents visiting their son?” Well, the opportunity you missed not being here at St. Joseph today is the precious moment of witnessing pure love and joy. The pride of being parents of a professed priest; the satisfaction to have their child dedicated his life to the work of God, and the joy that he is on the ultimate right path to be the bearer of the light. We witnessed the fruit of vocation, the ultimate sacrifice for the love of God and the true Salesian spirit of joy. Most important of all, we feel the love of God through this family.

Thank you, Mr. and Mrs. Nguyen for Fr. Paul and his work at our community.
On September 10th 2016, the youth group supported the Boys and Girls Club by donating over 10 hours to clean the club where over 40 children participate in the after school program every day. They cleaned the restrooms, rearrange the game room, and clean the reception area, kitchen and learning center. Big thanks to St. Dominic Savio’s youth group for their care and support for our children in Boyle Heights.
On Saturday Sep. 17 St. Dominic Savio church, Bellflower, started the famous Salesian oratory. Over 50 children were present at this day. This oratory is animated by youth ministry, catechisms and FMA aspirants.

This year the schedule was changed. The activities now are from noon to 4:00 PM. The children are welcome, then they have some games, some activities like cooking, arts and crafts, sports among other, then a reflection about the Sunday gospel is given and the day is ended with a good night.
Missionaries always proclaim a message of salvation to everyone; not only those missionaries who go afar, but we too, [are] Christian missionaries who express a good word of salvation. This is the gift that Jesus gives us with the Holy Spirit.

With what spirit must disciples of Jesus carry out this mission? First of all they must be aware of the difficult and sometimes hostile reality that awaits them. Jesus minces no words about this! Jesus says: “I send you out as lambs in the midst of wolves” (v. 3). This is very clear. Hostility is always at the beginning of persecutions of Christians; because Jesus knows that the mission is blocked by the work of evil. For this reason, the laborer of the Gospel will strive to be free from every kind of human conditioning, carrying neither purse nor bag nor sandals (cf. v. 4), as Jesus counseled, so as to rely solely in the power of the Cross of Jesus Christ. This means abandoning every motive of personal advantage, careerism or hunger for power, and humbly making ourselves instruments of the salvation carried out by Jesus’ sacrifice.

“... There is a great need for Christians who joyfully witness to the Gospel in everyday life. The disciples, sent out by Jesus, “returned with joy” (v. 17). When we do this, our heart fills with joy. This expression makes me think of how much the Church rejoices. She reveals when her children receive the Good News thanks to the dedication of so many men and women who daily proclaim the Gospel: priests — those brave parish priests whom we all know —, nuns, consecrated women, missionary men and women... I ask myself — listen to the question —: how many of you young people who are now present today in the Square, hear the Lord’s call to follow him? Fear not! Be courageous and bring to others this guiding light of apostolic zeal that these exemplary disciples have given to us.

“Let us pray to the Lord, through the intercession of the Virgin Mary, that the Church may never lack generous hearts that work to bring everyone the love and kindness of our heavenly Father.”

Pope Francis
Angelus, 3 July 2016
The Servant of God Fr. Carlo Braga (1889-1971), missionary in China and the Philippines, wrote to a lady in 1964: “I should have the holiness necessary to represent the mercy, goodness, magnanimity of the Divine Saviour; I ought to sacrifice myself until death for the creatures that he has placed in my hands! I understand that the blood and the complete sacrifice of ourselves is necessary in order to save, redeem, build, reconstruct! I would like to ask you to help me in this ministry with special help to make redemption and the holy Blood of Jesus fruitful! I myself am not enough, I am a drop in a remote and isolated ocean; I must feel supported by heroic and generous souls!”

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

That the 147th Salesian Missionary Expedition may foster the missionary spirit and vocational enthusiasm throughout the Salesian Society.

In the history of our Society missionary expeditions ‘ad gentes’, ‘ad externos’ and ‘ad vitam’ were concrete expressions of this essential dimension of the charism of Don Bosco. We pray that this missionary expedition may stir up apostolic zeal and the joy of evangelisation among Salesians, and may give birth to new Salesian vocations.

From Sao Paulo, Brazil - September 18, 2016 - The continental meeting of Delegates of Social Communication took place from 15 to 18 September. It was chaired by Fr Filiberto González Plasencia, Councillor General for Social Communication. Fr Natale Vitali, Councillor for the American Southern Cone Region was also present. The gathering was attended by 30 Social Communication delegates and coordinators, lay people and Salesians, from the Provinces of the Inter-America and American Southern Cone Regions.
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

Abstracted from Nutrition Action Health Letter May 2016 by Sheila Kun

Last week we presented the discussion of the hallmark of Alzheimer’s disease: the presence of abnormal fragments of protein called amyloid. Amyloid alone might not be the cause of the problem; having abnormal tangles of a protein called tau is the trigger. Amyloid accelerates the spread of tau throughout the brain.

This week, we continue our conversation on another cause of mental changes with aging: Vascular dementia. “Vascular dementia is due to damage to blood vessels in the brain, “says P. Vemuri, a researcher at Mayo Clinic. On brain scans, it can show up as infarcts – brain cells that have died from lack of oxygen after tiny blood vessels ruptured or became blocked. Or it may show up as damage to the brain’s white matter which contains bundles of nerve fibers. The white matter starts deteriorating, “says Vemuri. As with amyloid, people don’t know that their small blood vessels are damaged. “By age 70, about 15 percent of people have vascular disease in the brain, “says Vemuri. “By age 90, about 70 percent have it.”

And it’s not either/or. Roughly half of people with memory loss have both amyloid and vascular damage. The endpoint is the same, notes Vemuri. “Both pathways are linked to slow metabolism in the brain. The brain is like a city of lights, and there is a slowly spreading power failure.” What is more, “the neurons start dying and shrinking,” says Vemuri. “Ultimately, it is shrinkage that causes the cognitive decline.”

Reflecting on this finding, I cannot help but to emphasize that dementia with varying degrees of severity
is inevitable for most of us. How should we react to this finding? It seems like a few of us are very lucky with a “sharp mind” even at age 90. However, the fact remains, the majority will be forgetful of time, people and place in due time. If you are in the group that subtle deterioration is in progress, perhaps learning to accept that this is part of life would be a good start. The second step is to think of strategies that would keep you safe. Tagging notes to remind you of events, time and hazards? Giving up driving if you have to? Allowing your family and friends to accompany you? Trading independence with safety? No one can really tell you how to run your life. It is totally up to you to decide acknowledgement of limitation and accepting help, if needed.

To our younger readers, dementia may not be a situation that you have to face now, but you might have a family member or being the caregiver of seniors. I hope this simple vascular fact presents to you scientific evidence that the old folks in your home or community are not stubborn. Don’t attribute their mishaps to personality issues. The brain is losing its power, the light is getting dimmer and dimmer. How can you help? Pretty simple: be their light. Be someone who can remind them about their medication schedule. Be that planner for events so that they will be safe. Be the sounding board that you heard their story (for the 10th time). Be the one who says you love them.

Your homework assignment from the Care Ministry this week: think of a way to improve your memory to keep you safe.

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