PLEASE PRAY FOR OUR SICK

Fr. Nick Reina ..................... 07
Fr. Tho Bui .......................... 17
Br. Mike Herbers ................. 17
Fr. Steven Way .................... 17
Br. James Nguyen ................ 17

APRIL BIRTHDAYS

Fr. Lucian Lomello, SDB
Br. Jerry Weirich, SDB
Br. Tony Matse, SDB
Fr. Armand Oliveri, SDB
Fr. Mario Rosso, SDB
Fr. John O’Brien, SDB
Fr. Avelino Lorenzo, SDB

PRESENTED BY SALESIAN YOUTH MOVEMENT USA WEST
SUNDAY MARCH 19TH, 2017
ST. JOHN BOSCO HIGH SCHOOL. BELLFLOWER

ROCK OUT YOUTH POVERTY
FEATURING TEDAY RISS & RACH
GHOST LIT KINGDOM

GHOST LIT KINGDOM

ROCK OUT YOUTH POVERTY

Martha Nguyen Thi Phu
Aunt of Frs. Chinh/Chuyen Nguyen
10/10/1952 - 3/31/2017

Doris Roche
Mother of Fr. John Roche.
RIP on Jan.23rd

Fr. Amable Lorenzo, SDB
the brother of our Fr. Avelino
RIP on Jan.18th
Rock Out Youth Poverty: Remembering we belong to each other.
By Elizabeth Suarez

St. Teresa of Calcutta said, “If we have no peace, it is because we have forgotten that we belong to each other.” Looking around at our world, our country, our communities—we see all the ways in which we, as a human family, are so desperately in need of peace. Rock Out Youth Poverty held on Sunday, March 19, 2017 at St. John Bosco High School in Bellflower was an opportunity to gather and to remember that we belong to each other. Refugees, immigration, women’s rights, homelessness, world hunger—these were just some of the issues touched upon throughout the day. “But what can I do about these things?” we might ask ourselves. Many of these issues may seem personally irrelevant, happening to people we don’t know perhaps in places to which we’ve never been. It can be easy to change the channel when the news becomes too much, or to look away and cross the street to avoid the homeless person sitting at the corner. We have forgotten that we belong to each other. Still we are called to action.

In the midst of the excitement of some great bands, delicious food, and interactive educational exhibits and service activities, we were invited to pause, to listen, to learn. At Rock Out, spaces for prayer and reflection were created—spaces to light a candle for a child refugee, to say a prayer for peace, to sit with the stories of people no different from ourselves and to let those stories touch and transform our hearts. The issues about which we were being educated were ones that involve not statistics or nameless faces, but children, women and men who are someone’s sister, brother, mother, father, neighbor, friend. They all have a story that cries out to be heard.

Rock Out challenged us with the question: Are we listening? And if we are, what are we doing about it? At Rock Out this year, some amazing young people took the stage to share with us their own stories. Eddie (16) and his brother Antonio (12), told us of their journey from Guatemala to Los Angeles in order to be reunited with their father. They spoke to us of a reality in which their once peaceful home had been twisted into a place of fear and violence, a place where gangs roamed freely and children lost their childhoods. Eddie walked from Guatemala to Mexico where he boarded a train called “la Bestia” or “the Beast.” The train was so overcrowded that he couldn’t sleep for fear of rolling off the train.
He told us of people along the way who helped him—women who would stand on the side of the tracks as the train was passing by, throwing food and water to those inside or the man who told him how to jump off the train without losing his legs. Antonio shared of his journey with a “coyote” or guide who brought him to Mexico’s border with the United States. Thankfully for Antonio, his guide was good to him and did not abandon him to die or to become a victim of human trafficking.

Majdi, a young man from Aleppo, Syria shared his story as well. Majdi was part of the Salesians works in his home in Aleppo. He felt he had received so much as a young person in the Oratory that he wanted to give back and inspire other young people in the spirit of Don Bosco as well. Majdi shared how in the midst of the war and violence the Oratory was still a place of joy, hope, and safety. He spoke of the loss of friends and the fear and suffering of the people in Aleppo. When he made the decision to leave his home, he realized that he did not know how to fit the things that really mattered into his suitcase—how does one pack up a life, relationships, memories? When he arrived in San Francisco and connected with the Salesians there, Majdi was overjoyed. “You are my family,” he told us, “I realized I am never alone. I felt like I was home.” This statement speaks to the beauty of our Salesian family spirit—that warm joyful spirit of welcome and of home that reaches out to those in need.

Eddie, Antonio, Majdi, three incredible young people who brought to life some of the critical issues facing so many people in our world today. If we saw them walking down the street, playing on our school’s soccer team, or sitting beside us at Mass, we would have no idea of the struggles they have endured. They look no different than the young people who live in our communities; in many ways, they are the same. They have families, friends, hopes, dreams, fears, a life they want to live. Rock Out gave us an opportunity to hear their stories, to meet the human faces of a reality too many of us perhaps brush aside. Their story is my story and your story—it is our human story, and it must not be ignored. I’m grateful for the hard work and vision of so many people that made Rock Out Youth Poverty possible. What I learned and experienced continues to challenge me to not turn away from a difficult reality, to reach out, to act—ultimately, to love.

Remember: we belong to each other.
Greetings from Richmond! I realize that it has been awhile since we have submitted a little update on what we have done here in the Novitiate, outside of our travel reflections written by Quang. Therefore, I will try my best to recap the most memorable moments and some of my reflections in the last few months… but first… apparently we made it past the halfway mark (but who’s counting?!)

Things have been very exciting here in Richmond. From the amount of rainfall, activities in the school, our travels, to our studies and ministries - our Novitiate adventure has given us plenty of experiences to reflect upon. Perhaps for me, I think one worth mentioning is realizing how everything is falling into place necessarily. At the start of the New Year, we made a short trip to Tijuana. Not only did this experience challenge my understanding of Salesian Mission, it also kicked off a new overarching theme for my discernment process, relationship.

As Salesians, the call to relationship, especially in a familial sense, holds so true and is so imperative to our charism. In fact, I encounter these moments everyday. Whether it’s Jhoni and Quang baking cookies for the students in Story and Song, the care of our elderly brothers in the community, or the loving concern for one another, especially for the young, I’ve seen these things done with the spirit of family. I started to pay more attention to this after the trip to Tijuana because I encountered different ways of relating to other cultures while I was there. When I was able to let go of my own expectations, what to say or not say to the Haitian refugees at the oratories for example, I was able to connect with them a lot better. I realize that when we can relate to others, the stories become richer and can really help color our experiences and reflections. Father Tom mentioned in one of our conferences that our spirituality is of the heart. I couldn’t agree more because I believe that the start to every life-giving encounter is the embrace of relationship. When we extend ourselves to connect with others,
our experiences become more meaningful. Such is true with the young people here at Salesian College Preparatory. I find that when I can listen and try to understand what they want to express, I’m learning a lot more about them, while in turn, they’re more trusting of my presence. Many young people respond to this because we are constantly in search of meaningful experiences and it helps us grow. Thus being in Richmond for the last couple of months and being able to see how the community lives out Don Bosco’s call for family spirit, has allowed me to grow in more ways than one.

We have been doing many things that have enhanced the quality of life in building this family spirit here in our community. What is particularly special is the way we have celebrated three very different birthdays in the last few weeks: Brother Tony, Father Tom, and Quang. Each bringing a different flavor in the community (literally, with different birthday meal requests), I give thanks for the diversity of individuals here in the community. Father Bob’s birthday celebration will be this Tuesday and I heard he wanted Carne Asada (hurray)! Just as we celebrate one another with each other, we also share the harder times. This past December, Quang’s grandmother passed away and it really hit our community because it was hard to see him sad. However, being able to uplift each other through prayer and dialogue really highlights our family identity as a community. This also helped me see how important family is to Salesians; family not only being fraternal with one another, or with the young, but also our own families being a part of the bigger Salesian picture. My dad expressed this after his visit to see me with my brother and my mom this past February. In fact, he said that he felt very welcomed and at home, living for the first time in a Salesian house here in the States. It was very nice to see my parents and my brother. Their visit has helped me appreciate that I’m never really far from home at all. After all, joining the congregation doesn’t mean I’m losing a family, but rather gaining more members!

My experiences in the past few months have helped me relate a lot more directly to the Rector Major’s Strenna: “We are Family.” I say that because in this crucial part
of my formation, creating bonds and appreciating family has been a foundation for my continued growth. It’s important that as Salesians, we help foster a strong sense of family for the young people, these experiences I’ve had over the last few months are helping me to form better relationships with the young people that I am serving, especially the Confirmation students. We are intensely preparing for their three day Confirmation 2 retreat, where they themselves will get challenged to encounter a relationship not only with those whom they live with but also with God. In the end, all that we do is suppose to direct us towards Him anyway. Please pray for us, especially the students that will receive the Sacrament of Confirmation during Easter! And we’ll let you in on the action in the upcoming novitiate exclusive. 

...Until Next time!

- Quang Damien Ho, Novice
On March 21 St. Dominic Savio Parish, Bellflower put together a workshop to promote the civil rights of immigrants. Around 500 people interested in this topic attended the workshop. Jc Montenegro, St. Dominic Savio Coordinator of Youth Ministries and Alex Saab Esq., an Immigration Attorney, led the workshop.

Some of the important points shared at the workshop were:

* Immigrants, who are either questioned, detained or arrested, have the right to contact an attorney.

* Immigrants always have the right to remain silent.

* Police or ICE agents cannot enter your home without a valid search warrant.

* One should never sign anything without the advice of an attorney.

At the end of the workshop, participants were able to ask questions and give comments. Many were grateful that parish leadership put together the workshop. To end the evening Fr. Chinh Nguyen, SDB, pastor, prayed for peace and unity and gave a good night. We have dispelled a lot of darkness, which are myths and fears. We have begun to restore a sense of peace among our Latino brothers and sisters...”God loves the strangers (refugees, migrants, foreigners and undocumented people)” Deuteronomy 10:18. Pass on the message and strengthen one another especially those who are vulnerable among us... Attorney Alex Saab stayed late answering personal questions and many were grateful for his presence and expertise.

For more information about this topic, and to receive copies of useful forms discussed at the workshop, please contact the St. Dominic Savio Parish office.

There will be another workshop, primarily in English, on Thursday April 6, 2017 in the church. EVERYONE, and not just Immigrants, are invited to attend, as it is important we are all aware of the civil rights we are all entitled to.

Juan Carlos Montenegro
For Ayden - a thirteen year old boy, coming to the St. Joseph Youth Renewal Center on a Wednesday night was simply for one thing; to get a simple supper. His grandfather Dennis decided to participate in the Lenten Soup Night which began on Ash Wednesday and every subsequent Wednesday during Lent at St. Joseph. This is a tradition at St. Joseph for many years, offering a time of reflection, penance, community sharing and preparation for the Risen Christ. Since there was no dinner at home, Ayden had no choice but to tag along with his grandfather to St. Joseph. Before 7 p.m. Ayden had a good time, playing basketball with his brother Brandon. “That was fun!” He proclaimed. Working up an appetite, Ayden really had fun sampling the variety of home-made soups prepared by the parishioners. The menudo looked good, but he did not have the appetite for this classic Mexican favorite. Ayden sampled the spread of pots; split pea soup, bean soup, vegetable beef soup, and finally, his eyes settled on his favorite – chicken noodle soup, with carrots and potatoes.

With his iPhone, he started to entertain himself after “dinner” by playing his video games. This was not as boring as he thought. By 8 p.m. all participants for the Soup Night were asked to gather into a big room where the real reason why we came for the soup was about to start. Ayden was assigned to a small group of six, along with his brother Brandon. His wide eyes told me that he wasn’t sure what we were going to do. Being a good boy, he just went along. So, after the initial prayers, we were told by Julio, the leader for the Soup Night, to share with each other: “What did you give up for Lent?” It was Ayden’s turn; he shrugged his shoulders and said: “I don’t know. I did not give up anything”. The group did not let him get away that easily. So Ayden was told he had five minutes to think about what he wanted to give up for Lent. After all, we were only half way through Lent - it was still a good time to make this promise. Our group talked about giving up sodas, candies, while others did not intentionally commit to giving up something, but rather, to do certain tasks better, like focusing more on the needs of their children as a way of doing more in a consistent way. Now, it was Ayden’s turn again. We asked: “Have you thought about what you want to give up now?” In a very determined voice, Ayden responded to the group (or rather, he yielded to the group pressure?) by saying: “I...
am going to give up video game.” The group cheered and applauded his decision. Wow, that was a huge sacrifice; can you imagine not playing your iPhone for the next 20 days?

The evening went on with more reflections and sharing. The conclusion from all was: Lent might be just a good excuse for us to give up something; it is perhaps a gesture of doing some sacrifice. But if that good gesture ends abruptly on Easter Sunday, it seems this act is just a ritual, an exercise that is pretty symbolic. On the other hand, the true sacrifice might be materialized by conversion. Conversion seems to offer a better opportunity to serve God’s people and allow us to be closer to Jesus in a special way. Our last sharing in the group was about our special talent and how we could share this talent with others. Ayden, the shy teenager, seemed to blossom in a matter of this one hour gathering. He said he likes basketball, and would use his talent to make friends and promote team work. Our group was very impressed with his simple way of using his talent at his age level. But that was not the last time we were blown away by this young man. The final question from the big group: “How would you use the experience in the Soup Night in your family?” Without hesitation and a lot of determination, Ayden said: “I am going to help my grandmother to clean her house.” When we asked him of the overall experience of the night, he uttered: “I feel I am closer to Jesus.”

The Soup Night is not just for adults learning from polished religious leaders. From the mouth of babe, we learned so much more. I was very thankful that I was in Ayden’s group, witnessing God’s presence in this young man. Yes, I know Ayden has had a very good night too; he played basketball, selected his favorite soups, and entered into a relatively new experience of mingling with old folks (mostly adults and seniors). I was glad he did not get bored. And I was extremely happy that he could take his favorite chicken soup home.

SAN FRANCISCO - More than six hundred and fifty benefactors of the Salesian Boys’ and Girls’ Club as well as family, friends well-wishers of George Lippi were on hand Saturday March 11 at the Fairmont Hotel in San Francisco as he received the “Man of the Year” at the Club’s board of director’s forty-sixth annual fundraising dinner.

Fr. John Itzaina, SDB, pastor of Sts. Peter and Paul Church gave the invocation, Frank Lavin, board president served as emcee, and Randal De Martini, Executive Director presented the most deserved award to George. George’s grandson, George Granelli paid tribute to his grandfather’s generous spirit, unfaltering love for his family, and dedication to excellence.

In Mr. Lippi’s acceptance speech, he called upon twin grandchildren, Luca and Gianna Ornstil, asked them to stand, and acknowledged that the fine work of the Boys and Girls Club continues, with his own family as benefactors. The children attended Sts. Peter and Paul Salesian grammar school staffed in part by the Salesian Sisters. George personally as well as through his business, Fugazi Travel, has been a supporter of the Club for more than half a century. He recalled that as a young boy, he had to work, and didn’t get much of a chance to play at the Club, however he remembered fondly delivering groceries on North Beach to Angelo Fusco, the long time director of the center, personally appointed by Father Oreste Trinchieri, the Club’s founder in the very early part of the twentieth century.
St. Luke Catholic Elementary School, located in the Diocese of Stockton of California, is shepherded by our Salesians- Father Ramon Zarate, Pastor; Father Ric Fernando and Father Paul Tran. We are pleased to announce that our school had a wonderful WCEA/WASC visitation from February 14-16th.

This is a true testament to the hard work, collaboration, innovation, and focus on excellence of our students, parents, guardians, teachers, staff, and clergy.

The Western Catholic Educational Association is a private educational accrediting agency established under the auspices of the Bishops of the Catholic (Arch) Dioceses of California. The mission of WCEA is to promote quality Catholic education for students in our member elementary and secondary schools through an accrediting process that assures the primacy of faith formation and educational excellence. The major purpose of this agency is to coordinate the accreditation process by assisting schools in their self-evaluative programs, to establish general standards for excellence, to grant WCEA Accreditation, and to cooperate formally with regional accrediting organizations as determined by the WCEA Board of Directors.

The Western Association of Schools and Colleges (WASC) is one of six regional associations which accredit public and private schools, colleges, and universities in the United States. Regional accreditation began about 100 years ago and arose from a desire on the part of educational institutions to establish standards of quality.

Accreditation is a voluntary, non-governmental process which plays an important role in developing and maintaining the high quality of education in this country.

The Western Association is the newest of the six regional accrediting associations. It was formed in 1962 by an amalgamation of several accrediting agencies. There are three Commissions in the Association which work with institutions at different levels.
What does accreditation mean?

Accreditation certifies - to other educational institutions and to the general public - that an institution meets established criteria or standards and is achieving its own stated objectives. WASC and the other five regional associations in the United States grant “institutional accreditation” after a comprehensive self-study followed by an on-site evaluation of the programs and services of the total institution. This means that all diploma or degree programs and educational activities offered by the institution are covered by the institution’s accreditation.

The evaluation determines whether or not the institution qualifies for regional recognition. More importantly, periodic self-study and review promote improvement in educational quality and institutional effectiveness.

Why Accreditation?

- Certification to the public that the school is a trustworthy institution of learning
- Validates the integrity of a school’s program and student transcripts
- Fosters improvement of the school’s programs and operations to support student learning
- Assures a school community that the school’s purposes are appropriate and being accomplished through a viable educational program
- A way to manage change through regular assessment, planning, implementing, monitoring and reassessment
- Assists a school in establishing its priority areas for improvement as a result of the perpetual accreditation cycle that includes
  - School self-assessment of the current educational program for students
  - Insight and perspective from the visiting committee
  - Regular school staff assessment of progress through the intervening years between full self-studies.

John Rieschick, Principal, St. Luke School
Quinceañera at St. Mary’s

By Nancy Flores

A quinceañera is Mexican traditional rite of passage to womanhood for a young girl. Traditionally, a male relative is given the honorable position next to the young girl. At a recent celebration, Mark, the young man pictured at the right, took on the role of honor.

The most impressive part of the ceremony is when the young lady renew her baptismal vows. Right after that, she consecrates her life to our blessed virgin. After the ceremony and before the party leaves the church Jesus and his Mother are asked to accompany them to the other meal, usually at a nearby hall.

LAPD Meeting about Immigration At St. Mary’s

Officers of the Hollenbeck Area Station, Juliana Garcia, and Cynthia Gonzalez, were honored speakers at the meeting. Sergeant Guillermo Galvan ran the community meeting at St. Mary’s about Special Order No. 40. The meeting was helping the community to face the recent changes in the immigration statuses. The meeting also informed the public that the LAPD will not be working with ICE to help in deporting people nor asking for legal status.
Blessing Cars

Last weekend Fr. Jesse Montes, S.D.B., singlehandedly blessed more than 200 cars and 100 motorcycles at Lincoln Park in Los Angeles. Most of the cars blessed were American classic cars. Different car clubs sponsored the event. Mr. Clemente Arrizon, Park Director, is a close friend of Fr. Jesse. They met in Watsonville in the 90’s and have kept in contact ever since. Some of the club members asked for a personal blessing. A few asked Fr. Jesse for confession.

Principal / Pastor with Bishop David

Jonathan Medina (Bosco Tech Grad) principal at St. Mary’s School, and Fr. Jesse Montes attended the third meeting in a series that will hopefully lead to a greater population in our Catholic schools.

Fr. Jesse Montes, producer, Mrs. Lupe Perez, director, and St. Mary’s present:

Beauty and the Beast, Jr.

The play will be performed by the students from St. Mary’s, Santa Isabel, and Salesian. Alyssa Carmona is Belle; Erick Mora (Salesian) is the Beast; Carlos Nuevo (Santa Isabel) is Gaston. The show times are as follows: Thursday, April 27 at 8 PM; Friday, April 28 at 8 PM; Saturday, April 29 at 8 PM; Sunday, April 30 at 2:30 PM. Adults $10; Children $5. Call (323) 268-7432 for tickets.
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

Understanding Tinnitus

This research on Tinnitus is out of personal need. I don’t even remember tinnitus or ringing in my ears begin. I would have to say for more than 10 years. I do not know how it started. After reading the information from the ATA, I feel a little bit better. I am not alone. This ringing in your ears that no one else can hear is tinnitus, an audiological and neurological condition experienced by nearly 50 million Americans. Below is the information provided by the ATA.

Tinnitus is the perception of sound when no actual external noise is present. While it is commonly referred to as “ringing in the ears,” tinnitus can manifest many different perceptions of sound, including buzzing, hissing, whistling, swooshing, and clicking. In some rare cases, tinnitus patients report hearing music. Tinnitus can be both an acute (temporary) condition or a chronic (ongoing) health malady. Millions of Americans experience tinnitus, often to a debilitating degree, making it one of the most common health conditions in the country. The U.S. Centers for Disease Control estimates that nearly 15% of the general public — over 50 million Americans — experience some form of tinnitus. Roughly 20 million people struggle with burdensome chronic tinnitus, while 2 million have extreme and debilitating cases.¹

In general, there are two types of tinnitus:

Subjective Tinnitus:

Head or ear noises that are perceivable only to the specific patient. Subjective tinnitus is usually traceable to auditory and neurological reactions to hearing loss, but can also be caused by an array of other catalysts. More than 99% of all tinnitus reported tinnitus cases are of the subjective variety.
Objective Tinnitus:
Head or ear noises that are audible to other people, as well as the patient. These sounds are usually produced by internal functions in the body’s circulatory (blood flow) and somatic (musculo-skeletal movement) systems. Objective tinnitus is very rare, representing less than 1% of total tinnitus cases.

There is currently no scientifically-validated cure for most types of tinnitus. There are, however, treatment options that can ease the perceived burden of tinnitus, allowing patients to live more comfortable, productive lives. ATA is leading the charge in the ongoing search for a definitive tinnitus cure.

Footnotes
1. Data derived from the 2011 - 2012 National Health and Nutrition Examination Survey, conducted by the U.S. Centers for Disease Control and Prevention.
We will continue with the treatment options next week.

Tinnitus

Microscopic hairs form a fringe on the surface of each auditory cell in the cochlea. If hairs are damaged, they may move randomly, sending electrical impulses to your brain as noise, or tinnitus. Tinnitus can also be caused by turbulence in the carotid artery or jugular vein, and temporomandibular joint problems.