Dear Salesian Sisters and Brothers,

Saturday, August 19th, I spent a very blessed day attending two very beautiful and grace filled events. In the morning, I participated in the final vows Mass and reception for Br. Eduardo Chincha, from the New Rochelle Province. The Mass took place at the large chapel at Stony Point, New York, where the New Rochelle Province manages and runs a retreat center and a Marian Shrine. The final vows ceremony was presided by Fr. Tim Ploch, the Regional for the Inter-American Province. Fr. Tim is home visiting his family and will remain in New Rochelle for the Fall semester (until January) to undergo some medical procedures on his shoulder which suffered some serious injuries after a fall while in Guadalajara.

After the Mass, everyone was invited to an outdoor luncheon not far from the Chapel and on the retreat property. Br. Eduardo’s family had flown out from West Covina, California, where they have lived for the past two years. We congratulate Eddie and welcome him into our Salesian Family as a perpetually professed member. We promise him our support and prayers.

In the afternoon, a good number of Salesians (SDBs) joined the Salesian Sisters at Mary Help of Christians Academy in North Haledon for a festive Mass and Dinner. North Haledon is in the Paterson Diocese of New Jersey not far from Paterson. The occasion for the Mass and dinner was to celebrate the creation of a new Province for the FMAs. The Canadian Pre-Province of Notre Dame du Cap and the Eastern Province of St. Philip the Apostle were joined together to create a new province, the Province of St. Joseph. The Mother General of the Salesian Sisters, Mother Yvonne Reungoat, was present for the occasion. We congratulate our Sisters from the Eastern United States and from Canada for their new province. May the risk they have taken and sacrifices they have made bear much fruit. We wish God’s blessings on this new province of St. Joseph. May this huge step bear fruit with many new vocations and the
growth of the mission to the young, especially, those who are poor and in need. We also congratulate their new provincial, Sr. Joanne Hollo-
man, and wish her all the blessings she needs to lead this new province into a bright future.

The beautiful Mass was presided by one of the auxiliary Bishops from Newark, New Jersey, Bishop Manuel Cruz. Around 15 priests concelebrated at the Mass. The Ap-
ostolic Nuncio, Archbishop Christophe Pierre, sent a representative who read a statement of congratula-
tions at the end of the liturgy. The Chapel was filled with FMA Sisters from both the New created province and from the Western Province of Mary Immaculate. The past FMA provincials were present. The Sis-
ters led the singing and did a mar-
velous job in making the Eucharist truly a prayer of thanksgiving and welcome.

After the Liturgy we were invited into the Hall of the High School for a formal social hour and dinner. The catering service did a su-
perb job of serving and delivering a most delicious meal. Towards the end of the meal all the FMA Sisters got up to sing several very well pre-
pared songs, ending with their off-
icial song of the Institute. There was a wonderful spirit of family and hospitality. I was very happy to see so many Sisters who now belong to the new province of St. Joseph’s but who either had their roots in California and Texas or had worked there in the past. I was also happy to see all the young Sisters who had lived in Bellflower for their year of postulancy while I was the Pastor of St. Dominic Savio. The Sisters continued their celebration on Sun-
day with a family day, which I was unable to attend. Mother General will remain with them until tomor-
row, Monday. Mother General was very down to earth and very ap-
proachable. She welcomed all who came to greet her, hugging them and smiling the entire time. You could sense that she listened with a caring hear.

The Salesian Family present felt blessed to be in her Charismatic presence.

Last Tuesday, August 15th, our province was honored and over-
joyed to receive the vows of our two novices, Quang Damien Ho and Quang Nguyen. The Mass was celebrated at 5pm at St. Dominic Savio. The Church was filled with members of the Salesian Family and many young people. I presided and was blessed to receive Damien
and Quang into our family as professed members. After the Liturgy, we were treated to a delicious buffet dinner in the Church hall. Many of the dishes were provided by Damien and Quang’s families. We thank all those who worked hard to decorate the Church and the hall, prepare the Liturgy and the reception. It was beautifully done with a great spirit of welcome and family. We thank those who prepared the simple entertainment in the Hall. And, we especially thank our two new brothers for saying, ‘yes.’ Special thanks also go to Fr. Tom Juarez for his role as Novice Director and to the community at Salesian High for creating an environment that helped the novices grow and persevere.

Last Monday, we received two new novices, Tom Janus and Dan Glass, into the Novitiate program. We welcome both Tom and Dan and promise them our support and prayers. May this year be a blessed one filled with wonderful Salesian experiences and growth.

Last Sunday, the provincial council and I met for our August meetings. We also met on Monday and Wednesday. On Tuesday, we gathered all the Directors and Pastors from our province for a whole day. At the end of the day, everyone attended the profession ceremony. These meetings focused on province life issues. We talked about Simon Sinek’s book, Start With Why. We reviewed what we have been emphasizing, that unless we start with the “why” we do what we do, we lose our passion. We know the what we do and how we do it, but the why we do it often gets lost in the busyness of our daily duties.

We do what we do because as our Constitutions (#2) and our Mission Statement remind us, “Like Don Bosco, we are to be signs and bearers of God’s love for the young, especially, those who are poor and most in need.” Everything else flows from this. Our Organic and Pastoral Plans, our community and personal plans also flow from this belief—that all we do is basically to be signs and bearers of God’s love for the young, just like Don Bosco. We may teach, run schools, work in parishes or clubs. But, if we are not signs and bearers of God’s love, we are wasting our time. Anybody else can do what we do and better than most of us. We are not here to be corporate institutions or efficient company machines. We are here because we believe we are called by God for a mission, just like his son, Jesus and later like so many others,
like Don Bosco. Let us keep reflecting on the “why.” Mother Yvonne reminded us yesterday that we are called to be signs of communion and unity. We are living in a very divided world and a country that sees solutions through exclusion, violence, divisions. We must stand up powerfully against values that do not reflect Gospel values. We must stand up against all segregation, racism and divisions. What happened in Charlottesville last week should move us to reflect more deeply and ask where is God’s Spirit leading us? We Christians Catholics and Salesians are called to courageously speak out against evil and sin like racism and other forms of violence which we Catholics sometimes accept as normal or “American.” Our “why” is not to teach Math, English, coach football, increase the number of catechism classes but to form our young people to lead movements that radiate God’s love to all. May our leaders in our province never lose the “why.” And, may God bless us with leaders who are not afraid to speak up and are known for social justice and inclusion of all peoples, especially, the vulnerable and weak.

With warm regards and gratitude,

Fr. Ted Montemayor, SDB

Province Calendar

August, 2017

4 FR Renewal of Professions, San Juan Bautista Retreat
13-16 SU- Provincial Council Meeting, St. John Bosco HS, Bellflower
14 MO Induction of new novices, SJB Chapel, Bellflower, 5 pm.
15 TU Directors/Pastors Meeting, Bellflower, 9:00 am - 4:00 pm.
15 TU Assumption Mass and First Professions, St. Dominic Savio, 5:00 pm.
25 FR Blessed Maria Troncatti
26 SA Blessed Zeffrino Namuncura
AUGUST
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

For the Salesians in Oceania
That they may share with the young the beauty of their vocation.

May the Salesians in Oceania know how to express and share their faith through art, music, theatre and storytelling with an oratorian spirit. We find a very varied mosaic of cultures in each of the countries in Oceania where the sons of Don Bosco are present. Young people in each of these contexts must grow in their ability to know, love and develop all that is good and beautiful which is in the bosom of their communities.

Lord, I thank you for the gifts You have given me, especially for life, love, family and friends.

Help me to know myself better and to know my talents, as I pray, study and decide on my life’s work.

Help me to see and understand the path You open for me.
Help me choose a life’s work that will be in response to my potential and your love for me.

If I am being invited to follow you as a Salesian,
give me a generous heart to respond to your challenging call and the strength to follow you wherever you lead me.
Amen.
Braille Visits Senior Citizens

Yolanda Hernandez Farias (no relation to Fr. Joe), from the Braille Institute of Los Angeles, gave an excellent presentation to our senior citizens on eye disease prevention. Pictured, Natalia.

Archbishop Presents Diplomas

Two of our parishioners, Justina Rodriguez and Mirna Mejia Rios, received diplomas commissioning them as Directors of Liturgical Song and Music at the parish level. Fr. Jesse and some of our choir members attended the ceremony at the cathedral.

Summer Camp Presentation

The summer camp staff and volunteers were commissioned and presented to the community before they began camp. Juan Carlos Montenegro gave them a blessing. Judging by the outcome of the camp season this summer, his blessing bore fruit.
Mr. Jonathan Medina, principal of St. Mary's Elementary School and Fr. Jesse Montes, pastor, walked in solidarity with city leaders, police, laity, and other religious leaders for a safer environment, especially from trafficking and domestic violence.

Photo above shows teenagers attending the scapular feast with their invited friends. The picture below, a group of friends of Alfred Monroy, classmate of Fr. Jesse, at a memorial mass. He was a beloved Probation officer who helped many young men stay out of prison. Alfred used the system he had learned at Salesian South, the system of Don Bosco, in dealing with, at times, dangerous criminals. When Fr. Jesse would visit him, there were always one or more "clients" visiting. They felt the warmth of his kindness and admired the advice he doled out that kept them on the road to a successful life, if not one totally free from crime. Alfred was also close friends with Fr. Greg Boyle of Homeboy and Homegirl Industries. May he rest in peace.
St. Mary's community congratulates Sean Bryan. Amazing stamina!

A Unique Funeral

The dying man's wish was that everyone at his funeral be dressed as a superhero or heroine. Before granting the 28-year-old man's wish, Fr. Jesse contacted the archdiocese. All was approved and the celebration turned out super well.
The feast of Mt. Carmel is a huge feast south of the border. Scapulars are ceremoniously placed over the heads of the faithful (investiture). Some of the photos were taken from the security cameras. One of the finest mariachi played for the mass.
Hello Salesian Family!

We just finished an amazing Camp Season. God gave us the opportunity to serve over 120 children and over 50 teenagers. This year we applied different strategies to evangelize our children and young people. Among these strategies, we had:

Friday Masses, we incorporated in to the regular calendar “Camp Salesian Masses”, we collaborated with St. Mary’s to provide this beautiful moment to our children and young people. We want to thank Fr. Jesse and the community for their support!

Collaboration with St. Dominic Savio Church, this year St. Dominic Savio Church sent their best leaders to support our summer program. A group of eight Head Counselors and six regular counselors to serve at our summer camp. These young people served as missionary volunteers. Every day they commute from Bellflower to Los Angeles.

Teens Volunteers, our main goal is not only the children, but the young people as well, we want to provide a safe environment where they can develop their leadership skills. So, this year we recruited young people from the neighborhood and accomplished this goal by having over 50 young people volunteer at our summer program.

At the same time, we have been working on our facility. We have managed two main projects

1. We decided to paint our club so it can beautify our neighborhood.
2. we are working on fixing the interior of our club.

Now we are ready to start our school year! We will start on Aug. 14 and we are excited about what is coming next.

Thank you so much for all your prayers and support!

Sincerely,
Je Montenegro
Executive Director
Novices Tom and Dan are both from the New Rochelle Province. We welcome them to our province for their year of novitiate.
I have not paid attention to muscle cramps for over 5 decades. I remember as a young athlete in grade school, classmates would run a pine smelling cream on my legs to prevent cramps during the inter-city track races. That memory is still very vivid in my mind. It was a status symbol – boys hovering over me to preserve my athletic endurance. Now that I am a senior, this rubbing of the smelling stuff returns. There are no fans to cheer me along, but only a devoted husband who said: “Let us use Tiger Balm so that we don’t get cramps while driving or standing too long.”

To get a deeper understanding of muscle cramps, I went through my favorite information source – Mayo Clinic. Here is what the staff from Mayo Clinic said about muscle cramps.

A muscle cramp is a sudden and involuntary contraction of one or more of your muscles. If you’ve ever been awakened in the night or stopped in your tracks by a sudden charley horse, you know that muscle cramps can cause severe pain. Though generally harmless, muscle cramps can make it temporarily impossible to use the affected muscle.

Long periods of exercise or physical labor, particularly in hot weather, can lead to muscle cramps. Some medications and certain medical conditions also may cause muscle cramps. You usually can treat muscle cramps at home with self-care measures.

**Symptoms**

Most muscle cramps develop in the leg muscles, particularly in the calf. Besides the sudden, sharp pain, you might also feel or see a hard lump of muscle tissue beneath your skin.

**When to see a doctor**

Muscle cramps usually disappear on their own and are rarely serious enough to require medical care. However, see your doctor if your cramps:

- Cause severe discomfort
- Are associated with leg swelling, redness or skin changes
- Are associated with muscle weakness
- Happen frequently
• Don’t improve with self-care
• Aren’t associated with an obvious cause, such as strenuous exercise

**Causes**

Overuse of a muscle, dehydration, muscle strain or simply holding a position for a prolonged period can cause a muscle cramp. In many cases, however, the cause isn’t known.

Although most muscle cramps are harmless, some may be related to an underlying medical condition, such as:

• **Inadequate blood supply.** Narrowing of the arteries that deliver blood to your legs (arteriosclerosis of the extremities) can produce cramp-like pain in your legs and feet while you’re exercising. These cramps usually go away soon after you stop exercising.

• **Nerve compression.** Compression of nerves in your spine (lumbar stenosis) also can produce cramp-like pain in your legs. The pain usually worsens the longer you walk. Walking in a slightly flexed position — such as you would use when pushing a shopping cart ahead of you — may improve or delay the onset of your symptoms.

• **Mineral depletion.** Too little potassium, calcium or magnesium in your diet can contribute to leg cramps. Diuretics — medications often prescribed for high blood pressure — also can deplete these minerals.

**Risk factors**

Factors that might increase your risk of muscle cramps include:

• **Age.** Older people lose muscle mass, so the remaining muscle can get overstressed more easily.

• **Dehydration.** Athletes who become fatigued and dehydrated while participating in warm-weather sports frequently develop muscle cramps.

• **Pregnancy.** Muscle cramps also are common during pregnancy.

• **Medical conditions.** You might be at higher risk of muscle cramps if you have diabetes, or nerve, liver or thyroid disorders.

Your homework assignment from the Care Ministry this week: if you have experienced muscle cramps, identify the possible cause in your situation.

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