Dear Salesian Sisters and Brothers,

Yesterday we finished our Provincial Council meetings with the Salesian Sisters. We met in San Antonio, Texas at the FMA Provincial House. I wish to thank the Sisters for their hospitality and warmth.

On Wednesday, November 1, the Provincial Council flew to San Antonio, Texas (two from San Francisco and three from Los Angeles). That afternoon we borrowed a van from the Salesian Sisters and drove to Laredo, 150 miles south. We arrived at our Salesian Parish, San Luis Rey, for the start of our provincial council meetings. Several of the council members had not yet celebrated the Eucharist because of early flights and did so that evening, being that it was All Saints Day. Then, we went out for dinner.

The next two days were spent at the Parish meeting in one of the side rooms in the main hall. We joined the community for lunch and had dinner one night at my brother’s home, accompanied by some of the Salesian Sisters living in Laredo and members of the Salesian community at San Luis Rey. I wish to thank Fr. Mike Gergen and the community at San Luis Rey for their kind hospitality. Because of lack of room at the rectory, Mike put up the council at a nearby hotel. I stayed with my family. We are grateful for the generous hospitality offered to us by the Salesians and my brother, Fernando, Adalia his wife and their family. Our time in Laredo was enjoyable.

On Friday afternoon, after having finished our provincial council meetings, we headed back to San Antonio to the FMA provincial house. The next morning we joined the Sisters for the Eucharist and breakfast. We spent Saturday meeting with the FMA provincial council. The atmosphere was very hospitable and welcoming. Again I wish to thank the Salesian Sisters for their kindness and openness in welcoming us into their home. And, we did feel very much at home. It was good to see all the Sisters who are being cared for at their provincial house. They too were happy to see us and spend some time together. In the early evening, the two councils went out to dinner to a Mexican restaurant.

NOVEMBER BIRTHDAYS

Fr. Lucian Lomello, SDB
Br. Jerry Weirich, SDB
Br. Tony Matse, SDB
Fr. Armand Oliveri, SDB
Fr. Mario Rosso, SDB
Fr. Avelino Lorenzo, SDB
Fr. Arthur Lenti, SDB
Connie Boenzi, the Mom of Fr. Joe Bonzi

PLEASE PRAY FOR OUR SICK

Fr. Tom Prendiville.............2
Fr. Mel Trinidad...............6
Br. Tom Mass................14
Fr. Leo Baysinger.............21

REST IN PEACE

Fr. Joseph Dinh
Former Salesian
Sept. 28, 2017
Fr. Larry Lorenzoni, SDB
Sept. 5, 2017
While traveling from one place to another can get tiring and demands extra energy, it is good that we gather together both to be with our brothers in Laredo who sometimes feel isolated from the rest of the province because of the distance between Texas and California, and with the Salesian Sisters and their council. I wish to thank Sr. Rosann Ruiz, Provincial, for her openness and care for her Salesian brothers. As we gather we continue to build on the unity which was so dear to Don Bosco and Mary D. Mazzarello. Our Rector Major, Don Angel, often speaks of the unity he experiences and feels as he travels around the world visiting our different Salesian sites. This unity is one of the trademarks of our Salesian Spirituality. We are family and should feel at home and welcomed wherever we go. We are a great Salesian family. Yes there are many branches that make up this family and our Salesian vocation is lived out in different ways. But, we are still one Salesian Family. Our experience in Texas truly made us feel as such. May it continue to grow and to deepen.

At our Team meetings in Bolivia last March, the Rector Major mentioned that he was pleased to see the sense of communion among the provinces of the region, despite the differences in cultures and language. As a region made up of 13 provinces we are more and more conscious of our need to confront similar difficulties and challenges together, in dialogue and prayer. We are still autonomous in how we each manage the administration of our provinces, but we do feel the need and desire to gather to share and learn from each other. There is much that the other Salesian provinces can teach us and much we can teach them. Together, in respectful dialogue and authentic listening, we learn to move forward as a family. It is a sad day when we SDBs do not work well with our Salesian Family, whether that is the FMA, our Cooperators, ADMA, Damas, past pupils and many others. That lack of unity weakens our Salesian Charismatic identity. And, it weakens our mission to the young. We must continue to make every effort to strengthen these bonds in humility, kindness, respect and dialogue. Our Rector Major would ask this of us; and, so would Don Bosco.

On Wednesday the provincial council will fly out to Newark, New Jersey where we will be taken to Stony Point, NY for our two days of meet-
One of the topics which our council dealt with and that we also shared with the Salesian Sisters was the weakening of our Salesian Charismatic identity. This is also a topic mentioned by the Rector Major and the provincials in Mexico a few weeks ago. As we busy ourselves with many things, we subtly begin to forget or not pay attention to our Salesian Charismatic identity. We become “generic” Salesians. We must be intentional in our living out our Salesian Spirituality. We cannot forget that we are first and primarily consecrated by God through our Baptism and sent out to a mission to the young to be signs of God’s love for them. We do this in communion (community/family) with the Church, collaborating with the laity as members of our family, energized by our trust and faith in God and his Mother, Mary and with a style which is joyful, optimistic, pastoral and apostolic. It includes dialogue, listening and understanding. We need to form both the SDBs, FMAs and the laity together in this Salesian Charismatic identity. Where this not being lived out, we see problems, tensions and lack of unity. When one or another element is missing, the spirit is lacking and our witness weakened.

As we enter this month of November, a month dedicated to remembering and to praying for those who have died, those who have gone before us marked with the sign of faith, let us ask the many saintly Salesians (sdb, fma, laity) to intercede for us so that our provinces may grow in the apostolic spirit that so many of them exemplified and in the Salesian spirit that attracted us to them and the Congregation and that we hope to live out ourselves today.

With warm regards and gratitude,

Fr. Ted Montemayor, SDB
Be Great! Be Salesian!

Greetings and welcome to Salesian Boys and girls club of Los Angeles. We are delighted to begin a new academic school year. We have a total of 40 members enrolled ranging from ages five to thirteen. Club members are placed in groups by their age and grade level. Our program primarily focuses on after school enrichment.

Thank you to WSS (shoe store) for sponsoring a basketball event with us this month. Members learned some stretching, warm up techniques and how to play basketball.

Learning Activities!

Each month our members will have the opportunity to chose between three workshops. The workshops we will be offering are Music, Mexican Folk dance, Cooking, Animation, Chess, Drawing, Lego League, Arts/Crafts.
Staff Training!

Staff had their first training of the year which had a focus on teamwork to better serve the youth. Some of the training included group work activities and brainstorm what team work means to them.

Let’s meet our Salesian Volunteers!

Salesian Volunteers are young people who are giving one year of their lives to serve God in our Salesian Community. We want to welcome them to our mission.

Hailey McLaughlin (25, Grand Rapids, Michigan)  
“Every day is a new adventure at the Boys & Girls Club.”

She just finished her bachelor’s degree in graphic design and wants to have a missionary experience before starting to work in her field.

Juan Pablo Sandoval (18, Zamora, Michoacán, México)  
“Si quieres volar alto, empieza desde abajo, la humildad es el fundamento de todo”

He is from Mexico and has been within the Salesians all his life. He just graduated from Salesian High School in Mexico and has experienced many short mission trips that lead him to commit himself for volunteer one year.
Julio Martinez (22, Boston, Massachusetts)

“En la sonrisa y alegría de los niños puedo ver la alegría de Dios. Cuando tomas la decisión de ser voluntario piensas que vas a perder todo, pero en realidad cada día ganas algo diferente.”

He was born in El Salvador and used to work as Ploom assistant.

Jake Provencio (18, Long Beach, California)

“This is work I can truly be excited for and take pride in.”

He is a past pupil of St Dominic Savio Youth Ministry, and active leader of our Salesian parish. He wants to become a volunteer to give thanks to God for everything that he has received at Savio Parish.

Couple years ago our province made the decision to have all the volunteers in one community. In this community the volunteers will serve, pray, play and make community life together. This is our second year trying this new way of developing Christian vocations among our young adults.

The community is putting together an accompany plan of action for the volunteers. Fr Jim Nieblas and Armando Prieto are leading this new task force. The volunteers’ main service project is our Salesian Boys and Girls Club. Now let me introduce to you our volunteers.

These are our Salesian Volunteers this year! We welcome them to our province!

Juan Carlos Montenegro
After two years of formation guided by our ASC Provincial Formation Counselors, Michael and Judy Alvarez, St. Joseph’s Salesian Youth Retreat Center in Rosemead, CA. celebrated the induction of seven aspirants into the Association of Salesian Cooperators. This took place on Sunday, October 29 during the Eucharist presided by our USA-West Provincial, Fr. Ted Montemayor, SDB. The seven candidates made their promise for life to work for the advancement and salvation of the young and the poor and witnessing the Salesian spirit. The new Cooperators are Maggie Agrusa, Pamela Graves, Laurie Lopez Marquez, Julia Tafoya, Earl Lane, Yvette Lane (from St. Joseph’s) and Maria Noriega- Petti (from St. Dominic Savio parish). They received their Certificate of Induction, as well as their ASC received pins, medals and were also given their personal copy of The Project of Apostolic Life which is the guide and road to sanctity that the Association of Salesian Cooperators (ASC) adheres to throughout the world. Following this Induction all Cooperators present at the event renewed their promise reaffirming their dedication to continue to live out their vocation as Salesian Cooperators.

After Mass, St. Joseph Cooperators welcomed the guests, family and friends as well as members of the 9:30 a.m. community to the residence for a previously planned celebratory festivity and food to congratulate the new Cooperators. The celebration was attended by numerous visiting Cooperators, SDBs, members of other groups within the Salesian Family and our Provincial Coordinator Elizabeth Gamarra and Local Coordinator Alice Milton as well as numerous members of the Salesian Family and Search.
Bellflower, CA - This past weekend’s Corazon Retreat was a true retreat that was very much needed in the midst of the fall semester. It was a time to reflect and reconnect with God, however it was much more than that. Amongst the participants, which were about 20 young adults and couples, there was a true sense of community and family that was growing and maturing.

Many of the participants were familiar faces from our Salesian family, however, we had several new faces to that quickly became a part of the family as if they have been there all their lives. This, I believe, was the greatest outcome of the retreat. As a family we reconnected back with each other and took time to relax in the midst of our busy schedules, and as children of God we were able to reflect on His presence and blessings in our lives.
In addition to this chance to relax and pray together, the retreat offered an extra day for all those discerning for Salesian life. This was a great experience, all stages of Salesian life were there from professed Salesians of 40 years to those who are discerning to enter into formation, along with the current Candidates. Overall this retreat was a short weekend with big changes to our relationship with God and our Salesian family.

Reegan Ledet, Candidate
The 3rd Annual Zumbathon

The Savio Dance with Me Zumba group started this beautiful work back in 2015, in which we decided to support and collaborate with the “We Care” program at St. Dominic Savio Church in Bellflower. The “We Care” program is an after school care program that gives children the opportunity to be in a healthy, fun and educational environment. This is why from the bottom of our hearts we invite you to participate in the Zumbathon on November 18th. The Zumbathon includes a variety of activities such as an outdoor obstacle course and 2 hours of Zumba, complete with different musical genres. If for any reason you aren’t able to participate we invite you to collaborate by purchasing a ticket. This will allow you to help a child in the program and support our Zumbathon. Tickets are available for purchase at www.eventbrite.com<http://www.eventbrite.com/>, search for Zumbathon 2017. If you prefer, we also have tickets available for purchase after each class. Thank you!
Parishioners of St. Dominic Savio Church in Bellflower joined a Spiritual Journey to Celebrate 100 years of Our Lady of Fatima.
Salesian Provincial Office in San Francisco is seeking an experienced Administrative Assistant for their Development Department.

Expertise and knowledge in data base management, Raise’s Edge and MS Office (required). Knowledgeable of Vietnamese and Spanish would be beneficial.

Full-time position includes processing mail, data entry, and other clerical duties.

Send resume with compensation requirements to Greg Cattalini: gcattalini@Salesiansf.org. Questions can be directed to Mr. Cattalini at (415) 441-7144, x217 or Father Tho Bui, x221. For more information on the Salesians, please visit www.donboscowest.org.

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**NOVEMBER**

**SALESIAN MISSIONARY INTENTION**

IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

**For Salesians in Asia**

That they may be builders of communion in diversity.

*For the Salesian Family in the countries of Asia, that they may know how to initiate always the first step to reach out to their neighbour, learn to live with a heart open to the young and to the followers of other religions. In this way may they grow by listening to and understanding other religions and thus foster the interreligious dialogue of daily life.*
October, missionary month par excellence! The whole Church stirs up and wakes up, recognizing once again its deep missionary roots. Pope Francis, through his message for the World Mission Day 2017, reminds us also of the synodal and youthful path that we are already going through together: “Young people are the hope of the mission. The person of Jesus and the good news proclaimed by him continue to fascinate many young people” (No. 8). We have just seen this fascination in Valdocco on the face of each of the young Salesians from around the world, members of the newly commissioned 148th Missionary Expedition. We have also admired it in many Provinces all over the world. We see the courage and enthusiasm of so many young people who give to God and to the world a generous part of their lives through the Salesian Volunteer Movement. Our common missionary responsibility, Pope Francis concludes, needs the “rich imagination and creativity of young people” (No. 8). It is, indeed, the young who are renewing the missionary spirit in our houses and Provinces. May they keep us awake!

In this missionary month of October we encourage you to sunk deeper the message from the Holy Father. For lack of space we share, just a few phrases:

“This Day invites us to reflect anew on the mission at the heart of the Christian faith. The Church is missionary by nature; otherwise, it would no longer be the Church of Christ, but one group among many others that would soon end up serving their purpose and passing away. So it is important to ask ourselves certain questions about our Christian identity and our responsibility as believers in a world marked by confusion, disappointment and frustration, and torn by numerous fratricidal wars that unjustly target the innocent. What is the basis of our mission? What is the heart of our mission? What are the essential approaches we need to take in carrying out our mission? [...]”

The Church’s mission, directed to all men and women of good will, is based on the transformative power of the Gospel. The Gospel is Good News filled with contagious joy, for it contains and offers new life: that of the Risen Christ who, by bestowing His life-giving Spirit, becomes for us the Way, the Truth and the Life (cf. Jn 14:6). He is the Way that invites us to follow him with confidence and courage. In following Jesus as our Way, we experience Truth and receive His Life, which is fullness of communion with God the Father in the power of the Holy Spirit. That life makes us free from every kind of selfishness and is a source of creativity in love.

The Church’s mission, then, is not to spread a religious ideology, much less to propose a lofty ethical teaching. Many movements throughout the world inspire high ideals or ways to live a meaningful life. Through the mission of the Church, Jesus Christ himself continues to evangelize and act. Her mission thus makes present in history the kairos, the favourable time of salvation. Through the proclamation of the Gospel, the risen Jesus becomes our contemporary, so that those who welcome him with faith and love experience the transforming power of His Spirit, who makes humanity and creation fruitful even as the rain does with the earth [...] Thank God, many significant experiences continue to testify to the transformative power of the Gospel. I think of the gesture of the Dinka student who, at the cost of his own life, protected a student from the enemy Nuer tribe who was about to be killed [...] We can think too of countless testimonies to how the Gospel helps overcome narrowness, conflict, racism, tribalism, and to promote everywhere, and among all, reconciliation, fraternity, and sharing [...] Young people are the hope of the mission. The person of Jesus and the Good News He proclaimed continue to attract many young people. They seek ways to put themselves with courage and enthusiasm at the service of humanity. There are many young people who offer their solidarity in the face of the evils of the world and engage in various forms of militancy and volunteering [...] How beautiful it is to see that young people are ‘street preachers’, joyfully bringing Jesus to every street, every town square and every corner of the earth!”
These days we celebrated in Rome with great joy the release of our missionary brother, Fr. Thomas Uzhunnalil, who had been kidnapped in Yemen on March 4, 2016 and was released in September this year. As everyone knows, he has had an exciting meeting with the Pope and our Rector Major.

Though tired and weighing 30 kg less, he communicated his experience with great serenity and peace. Also the group of missionaries who are going through the ongoing formation course in Rome met him. We share with you some elements of his apostolic spirituality.

- The first thing he asked for when he arrived in Rome was the sacrament of Reconciliation. Not having this gift for 18 months had been a heavy burden for him.
- Though he could not celebrate the Eucharist sacramentally, he repeated his prayers every day from memory. In fact, he made of his cross a continuous Eucharist.
- He was not allowed to read, write, walk; he could only think. His thoughts were a continuous prayer for the Church, the Congregation, young people, the sisters who had been killed, his mission in Yemen, the Holy Father and also his captors. He reminds us of Paul’s urging, “Pray without interruption.”
- The secret that enabled him to live his imprisonment with serenity was his full conformation to God’s will. He said that after he had put his life completely in God’s hands and only to do his will he felt great peace, which allowed him to sleep at night with great serenity. And this conformation to the divine will was not merely his personal offering; it was the result of his obedience to the Congregation that had asked of him to serve in Yemen. According to him, when obedience is seen as a response to the will of God, it becomes a source of serenity and peace.
- A witness of Christ. When he was taken to the Islamic commander, he was asked direct and clear whether he was a Muslim, and he replied, “I am a Christian.”
- Both in his private conversation and in his lectures, he showed a great attitude of forgiveness. He certainly suffers deep pain from the killing of his sisters, but he did not harbour any hatred or resentment. He spoke respectfully of his captors.
- The conviction that in God’s plan each one has his own specific mission. Everyone is called to a unique and irreplaceable mission.
- A feeling of gratitude was constant in his speech. Gratitude to God for his life and his delivery from captivity, gratitude to Mary Help of Christians who, he felt, was very close to him; gratitude to the Church, to the Congregation, to every Christian who offered prayers and sacrifices for his release. There have been so many testimonies of just ordinary believers on all continents who daily offered prayers and sacrifices for him.

Let us implore the Lord to continue sending to his abundant harvest.

Don Martin Lasarte SDB

Blessed Maria Troncatti (1883-1969), Daughter of Mary Help of Christians and a great missionary in the Amazon rainforest, among the Shuar of Ecuador. She worked with great tenacity for the promotion of women and the freedom of choice of one’s partner in life. When it was announced that, for the first time ever, a Christian marriage was to be celebrated in the rainforest, where for the first time the partners, both of Shuar’s tribe, had made their own free choice of each other, not pre-arranged by their relatives, it was a great joy for her. She then wrote in a letter: “We are all here for them: for the big and the small, for the sick, for the savage and for the civilized.”

FOR SALESIANS IN PROFESSIONAL TRAINING CENTRES

So that vocational training centres may continue to be schools of Christian growth and humanism in the world of work.

Vocational training is one of the most distinguished contributions for which Salesians are known and appreciated all over the world. It continues to be a priority of Youth Ministry today: to support and educate young people to enter the workplace. This precious mission requires of us professional competence, educational wisdom and evangelizing audacity to give a meaningful answer to the ever-changing challenges of the world of work.
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 some-one 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).

Improving Your Bone Health

Abstracted by Sheila Kun, Cooperator from the Mayo Clinic health education on osteoporosis

**Prevention**

Good nutrition and regular exercise are essential for keeping your bones healthy throughout your life.

**Protein**

Protein is one of the building blocks of bone. And while most people get plenty of protein in their diets, some do not. Vegetarians and vegans can get enough protein in the diet if they intentionally seek suitable sources, such as soy, nuts, legumes, and dairy and eggs if allowed. Older adults may also eat less protein for various reasons. Protein supplementation is an option.

**Body weight**

Being underweight increases the chance of bone loss and fractures. Excess weight is now known to increase the risk of fractures in your arm and wrist. As such, maintaining an appropriate body weight is good for bones just as it is for health in general.

**Calcium**

Men and women between the ages of 18 and 50 need 1,000 milligrams of calcium a day. This daily amount increases to 1,200 milligrams when women turn 50 and men turn 70. Good sources of calcium include:

- Low-fat dairy products
- Dark green leafy vegetables
- Canned salmon or sardines with bones
- Soy products, such as tofu
- Calcium-fortified cereals and orange juice

If you find it difficult to get enough calcium from your diet, consider taking calcium supplements. However, too much calcium has been linked to kidney stones. Although yet unclear, some experts suggest that too much calcium especially in supplements can increase the risk of heart disease. The Institute of Medicine recommends that total calcium intake, from supplements and diet
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The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com

Vitamin D

Vitamin D improves your body’s ability to absorb calcium and improves bone health in other ways. People can get adequate amounts of vitamin D from sunlight, but this may not be a good source if you live in a high latitude, if you’re house-bound, or if you regularly use sunscreen or avoid the sun entirely because of the risk of skin cancer. Scientists don’t yet know the optimal daily dose of vitamin D for each person. A good starting point for adults is 600 to 800 international units (IU) a day, through food or supplements. For people without other sources of vitamin D and especially with limited sun exposure, a supplement may be needed. Most multivitamin products contain between 600 and 800 IU of vitamin D. Up to 4,000 IU of vitamin D a day is safe for most people.

Exercise

Exercise can help you build strong bones and slow bone loss. Exercise will benefit your bones no matter when you start, but you’ll gain the most benefits if you start exercising regularly when you’re young and continue to exercise throughout your life.

Combine strength training exercises with weight-bearing and balance exercises. Strength training helps strengthen muscles and bones in your arms and upper spine, and weight-bearing exercises — such as walking, jogging, running, stair climbing, skipping rope, skiing and impact-producing sports — affect mainly the bones in your legs, hips and lower spine. Balance exercises such as tai chi can reduce your risk of falling especially as you get older. Swimming, cycling and exercising on machines such as elliptical trainers can provide a good cardiovascular workout, but they’re not as helpful for improving bone health.

Your homework assignment from the Care Ministry this week: What are the steps you have taken to improve your bone health?

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