The theme of Strenna 2018
“Sir, give me this water.’ Let us cultivate the art of listening and accompaniment.”

The water of life, the life that only Jesus can give, and the Salesian focus on the education of youth are the central elements of the theme for Strenna 2018: “Sir, give me this water.” Let us cultivate the art of listening and accompaniment.”

During the summer session of the general council, Fr. Angel Fernandez Artme presented the strenna’s theme and guidelines, which will be made available, according to tradition, toward the new year.

To choose the topic, the Rector Major met with the advisory board of the Salesian Family in Turin on the occasion of the celebration of Mary Help of Christians. As a result of this dialog, accompaniment was chosen as the theme.

“The synthetic phrase of the strenna,” writes Fr. Fernandez, “corresponds to the heartfelt request that the Samaritan woman makes to Jesus at Jacob’s well. In her meeting with him, the woman feels that she has been listened to, respected, and appreciated; and so in her heart she feels impelled to ask for something even more precious: ‘Sir, give me some of that water...’ (the water of life to the full that you’re offering me).”
Following the central theme of this gospel passage, and in the context of the forthcoming Synod of Bishops (“Young People, the Faith, and Vocational Discernment”), Fr. Fernández intends to explore “the importance for our whole Salesian Family and for its mission in the world of cultivating the precious arts of listening and accompaniment, with conditions that need to be ensured for the demands and the service is involved in both listening and accompanying, in the process of personal, Christian, and vocational development.”

Five points through which reflection will be articulated:

- A MEETING THAT CANNOT LEAVE US UNMOVED: the meeting between Jesus and the Samari-

tan woman as a model of relationships with the young;

- A MEETING THAT MOVES A PERSON FURTHER: like Jesus, one must first seek the good in others and, as experts in humanity, to help in necessary discernment;

- A MEETING THAT TRANSFORMS A LIFE: after the example of Jesus, who listens and accompanies, it is necessary to support a pedagogy of processes;

The last two points – WITH WHAT PASTORAL ACTION IN MIND? and IN THE COMPANY OF THE SAMARITAN WOMAN ... – have only been suggested and shall be further discussed.

(ANS – Rome – July 27)
Visitation Schedule
Province of St. Andrew the Apostle
2017-2018

NOVEMBER
15 – 20: St. John Bosco Community, Bellflower
(The School community)
27- December 1:  De Sales Hall

DECEMBER
1 - 4:  St. Dominic Savio Parish
5 -8:  OFFICE DAYS at the Provincial House, SF
8 -14:  St. Francis Community (Parish, School and Camp)
11 -12: Provincial Council (Camp St. Francis)
15-21: Salesian High School and Novitiate (Richmond)
(Christmas and New Year at the Provincial House)

JANUARY
12-15 St. Luke’s Parish, Stockton
21-23 Provincial Council, Stockton
26-27 Corpus Christi, San Francisco
28-31 Post-Novitiate Curatorium, Orange, NJ

FEBRUARY
2-4  St. Bridget’s Parish, Los Angeles
5-11  Salesian High Community, Los Angeles
11-13 Provincial Council, De Sales Hall
16-19  St. Mary’s, Los Angeles
19-25 Don Bosco Tech, Rosemead
26  Novitiate Curatorium, Richmond

MARCH
1-4  Sts. Peter and Paul’s, San Francisco
5-8  Provincial Council, Santa Cruz
15  Directors/Pastors
16-18 Religious Education Congress
22-16  San Luis Rey, Laredo

APRIL
8-10 Provincial Council, Bosco Tech, Rosemead
15-21 Don Bosco Hall, Berkeley
22-27 Provincial House Visitation, San Francisco

MAY
6-8 Provincial Council Meeting, Richmond

JUNE
2-8 Provincial Council Planning Meeting (Lake Arrowhead)
11-14 SES
17-22 Retreat at Three Rivers
17-24 SYLC

REMINDERS:
Rector Major’s visit: September 12-18, 2018
Extra-Ordinary Visitation: February-May, 2019
(Maria Arokiam Kanaga)
CURRENT AND FORMER VOLUNTEERS REFLECT ON THE ADVENT GOSPELS & THE FOUR PILLARS OF FAITH-BASED SERVICE:

Social Justice ◊ Simplicity ◊ Community ◊ Spirituality

Brought to you by:

Catholic Volunteer Network

Catholic Apostolate Center

Reviving Faith · Rekindling Charity · Forming Apostles
Reflection by Shaina Glasgow, Current CAP Corps Volunteer

Jesus said to his disciples: “Be watchful! Be alert! You do not know when the time will come.” (Mark 13:33-37)

In my current service placement in the Emergency Room at St. Vincent’s Charity Hospital, it is crucial to be alert and aware of your surroundings. There are indeed dull, lagging moments—but in less than two minutes you can have every room filled, EMS bringing in a full cardiac arrest, and a handful of patients streaming into the waiting room. If you aren’t aware of what is going on around you, it becomes difficult to jump in and assist fellow staff in caring for patients.

When reading this Sunday’s Gospel, I am reminded that this same awareness is crucial for growth in our personal relationship with Christ. It is important to be mindful of Christ’s presence in the midst of everyday busyness. If we are not watchful to the point of being expectant of an encounter with God, then it is easy to miss opportunities to deepen our relationship with Christ.

Yet how can we listen to, or speak with, God amidst the craziness of our workday? Within each interaction we encounter with those around us lies an invitation from God. He may invite us to respond with love, compassion, gentle correction, understanding, or patience, for example. I believe the secret to becoming attentive to God’s voice is silence. In the mystery of silence, we become aware of the ever-present God and train our hearts to more easily recognize Him internally even when our external world is not silent. Prayer is a great way to practice silence. We can simply acknowledge that God is with us, and allow ourselves to rest in that—no thoughts, just us and God.

Focus on: Social Justice

How can we use this awareness to better serve the poor or those in our community both this year and in the future? Many of us closely encounter populations (refugees, addicts, the homeless, etc.) that daily face the consequences of social injustice. It is important for us who serve these populations to be aware of the sociopolitical situations currently affecting their lives. If we choose to do this, to become educated about the ways others are underserved or mistreated, then we can become more attentive and sensitive to their physical and emotional needs. We may even become an example to our coworkers, or others, of how to better interact with and serve those who are often misunderstood in our society.

Service Suggestion:

One important aspect of being watchful is to eliminate distractions. A practical way to do this, besides prayer, could be to silence cell phones when at work. This is tough, especially if nothing particularly stimulating is happening. Instead, try to be alert and present. Ask your coworkers (or those you are serving) if you can do anything to help. Look for little odd-jobs that sometimes get neglected (for example, cleaning up a messy area). Perhaps you can simply start a conversation with someone sitting or standing near you by asking “How is your day,” and genuinely listening to their response. You’ll get to know your coworkers and those you serve more intimately, and open a lot of doors for yourself (and others) to encounter Christ.

Prayer

Prayer for Silence, by Thomas Merton

Lady, Queen of Heaven, pray me into solitude and silence and unity, that all my ways may be immaculate in God.

Let me be content with whatever darkness surrounds me, finding him always by me, in his mercy.

Let me keep silence in this world, except in so far as God wills and in the way he wills it.

Let me at least disappear into the writing I do. It should mean nothing special to me, nor harm my recollection.

The work could be a prayer; its results should not concern me.

Amen.
Bosco Tech Dedicates Refurbished Iconic Flagpole in Honor of Alumni Veterans

ROSEMAD, CA. Nov. 13, 2017. Members of the Bosco Tech family assembled on the school steps on Nov. 13 to dedicate the campus’ newly refurbished flagpole in honor of all Tech veterans.

“We gather this morning to dedicate the flagpole, our school’s flagstaff which proudly displays our nation’s banner and serves as a physical testament to the bloodshed that has wrought the freedoms we experience,” Tech Principal Xavier Jimenez told the group. “Moreover, this flag pole will here on in serve as a monument to the many students of Bosco Tech who came to us as boys and graduated as men and who bravely and selflessly served our country when called and for some, paid the ultimate price. To our alumni veterans of the armed services, this flagpole honors you, your service and devotion. You are always in our thoughts, in our hearts, and in our prayers today and throughout all of our free tomorrows.”

A new copper plaque at the flagpole’s base reads: Dedicated to Bosco Tech veterans who sustain, support, defend and proudly serve this nation. A.D. November 13, 2017.
SAN FRANCISCO, CA. Nov. 28, 2017. Fr. Tho Bui, SDB, provincial treasure, and his team had a Province Treasures Annual meeting at Provincial Office in San Francisco, CA
(Pictures were taken from Fr. Tho Bui, SDB)
This month the province participated in their third Praesidium Child Safety Audit. The Province was first formally accredited in 2011. The audit is a present-day snapshot of the Salesian’s current efforts in protecting children from sexual maltreatment. As you might already know, Praesidium accredits religious Institutes all around the world that serve youth. In order to become accredited, the Province must document that they are adhering to over 200 best practices in protecting children. These “best practices” are described in Praesidium’s 2016 Standards for Accreditation document, which consist of 25 general standards consisting of specific best practices that have been shown to prevent child sexual abuse in organizations. These standards fall into three broad categories: prevention of child sexual abuse (Standards 1-7), responding to child sexual abuse (Standards 8-18), and supervision of members on restriction for a credible accusation of child sexual abuse (Standards 19-25).

The Institute undergoes a rigorous audit every three to five years to make sure they are adhering to these standards over time. What is important about these audits is that the goal isn’t to punish organizations that fail to follow standards, but to help organizations move from a state of non-compliance to that of compliance. Although you want to have a best compliance rate as possible in preparation for the audit, it is important to view these periodic audits as opportunities for improvement. For various reasons, large organizations tend to regress over time, due to changes in leadership/staff, changes in roles of members and simple forgetting to follow policies. In addition, many large systems tend to be reactive to what is happening at the moment, versus proactive and focused on prevention. This audit, like the previous ones, has been an opportunity to improve the Salesian’s efforts in this most important endeavor - protecting children.

The audit process begins with the Province conducting its own internal assessment process by completing the Praesidium Self-Assessment Toolkit. This Self-Assessment is a checklist of each and every requirement included in the Standards. Praesidium recommends that this self-assessment not be viewed as a test or a predictor of success or...
failure in the accreditation process itself. Rather, it is meant to serve as a means to internally assess the institute’s fulfillment of the Standards and to prepare the necessary documentation verifying the fulfillment of all the requirements prior to the accreditation site visit. As the Mental Health Advisor, one of my roles is to prepare for and facilitate the audit, which is why I may have contacted you over the past three or four months about specific documents that were needed.

The actual audit consists of a Praesidium staff member conducting a file review and interviews of all members on restriction, interviews of supervisors, a review board member interview, interviews with 10% of the members about their awareness of and perceptions of child safety efforts, and an interview with the Provincial. Praesidium also reviews all documentation such as policies, continuing education modules, and screening documents. The audit usually lasts about three days and ends with a general verbal summary of the strengths and areas for improvement. After the local audit, Praesidium prepares a comprehensive report outlining what requirements are unfulfilled and the documents and/or actions necessary for re-accreditation. Generally, this remediation process takes only take 3-6 months, but possibly longer, depending on specific issues needing addressing and the institute’s speed at providing the necessary documentation. Technically, the audit continues until all the final documentation is provided to Praesidium.

You may wonder, why go through all this bother for accreditation? The purpose of accreditation is so that the public, and the Church, can rest assured that children will be safe. As you may already know, there were no winners or losers with the Clergy sexual abuse crisis - everyone lost something. The victims had to endure terrible traumas at the hands of trusted religious leaders that would negatively affect their faith and their psychological wellbeing for the rest of their lives. The greater public lost faith in the Church. The majority of innocent religious members had to experience the shame and embarrassment of the actions of a few trusted brothers. Orders and dioceses lost millions of dollars that could have been spent on services for the public. And lastly, perpetrators of abuse who were enabled by the system didn’t receive the help they so desperately needed. The accreditation process is an exercise in re-building the public trust. Taking these proactive steps will not only prevent child sexual abuse, but will demonstrate to the public that child protection is an utmost priority to the Church. There is also another practical reason for the accreditation process. Because of the huge financial costs liability insurance companies paid to resolve the claims of the legal cases brought against the Church, insurance companies were unwilling to insure religious institutes unless they could prove that they were doing everything possible to prevent another child sexual abuse crisis.

There were many people who helped directly with this accreditation audit. I want to thank you for all your efforts. However, it was really the entire Province that helped with this process throughout the years. It also helped if you read the policies each year and signed your name to the Policies Verification Form, if you read the Continuing Education Modules and sent in your Verification/Feedback Form, if you remembered to do the all the appropriate screening procedures for novices, if you supervised a brother on restriction and completed the supervision forms, if you provided necessary documents for the audit, if you ever sought clarity about the child abuse reporting law or wanted to know more about health interpersonal boundaries, if you ever served on the Review Board, if you made sure you completed your duties pursuant to the Safe Children Policy or the Working With Youth Policy, or even if you talked with a brother who was having problems maintaining healthy boundaries with a child, youth or adult. To coin an over-used, but true, phrase, “It takes a village.” So thank you everyone for another valuable Accreditation Audit!
"The Church is in no sense alien to any people"

Pope Francis gives us yet another missionary event: he has declared an extraordinary missionary month in October 2019, to commemorate the centenary of the missionary encyclical Maximum Illud. We share here a few thoughts from his letter of 22/10/17.

"The intention behind this missionary month is that of fostering an increased awareness of the missio ad gentes and taking up again with renewed fervour the missionary transformation of pastoral activity. This initiative can enable all the faithful to take to heart the proclamation of the Gospel and to help their communities grow in missionary and evangelizing zeal. May the love for the Church’s mission, which is ‘a passion for Jesus and a passion for his people’ grow ever stronger!"

Pope Benedict XV recognized the need for a more evangelical approach to missionary work in the world, so that it would be purified of any colonial overtones and kept far away from the nationalistic and expansionist aims that had proved so disastrous. “The Church of God is universal; she is not alien to any people,” he wrote, firmly calling for the rejection of any form of particular interest, inasmuch as the proclamation and the love of the Lord Jesus, spread by holiness of one’s life and good works, are the sole purpose of missionary activity. Bendict XV thus laid special emphasis on the missio ad gentes, employing the concepts and language of the time, in an effort to revive, particularly among the clergy, a sense of duty towards the missions.

“Today, missionary activity still represents the greatest challenge for the Church and the missionary task must remain foremost. What would happen if we were to take these words seriously? We would realize that missionary outreach is paradigmatic for all the Church’s activity. "It has a programmatic significance and important consequences. ... Throughout the world, let us be ‘permanently in a state of mission’. ... The Apostolic Letter Maximum Illud called for transcending national boundaries and bearing witness, with prophetic spirit and evangelical boldness, to God’s saving will through the Church’s universal mission. May the approaching centenary of that Letter serve as an incentive to combat the recurring temptation lurking beneath every form of ecclesial introversion, self-referential retreat into comfort zones, pastoral pessimism and sterile nostalgia for the past. Instead, may we be open to the joyful newness of the Gospel. In these, our troubled times, rent by the tragedies of war and menaced by the baneful tendency to accentuate differences and to incite conflict, may the Good News that in Jesus forgiveness triumphs over sin, life defeats death and love conquers fear, be proclaimed to the world with renewed fervour, and instil trust and hope in everyone.”

To each and every one, our best wishes for Happy Christmas.
I am a Salesian, originally from the Central African Province (AFC) in Congo. When I was a student at the Salesian school, I read the story of the first Salesian missionaries in my country. Their testimonies appealed a lot to me. They have contributed greatly to the evangelization and the social life of my people. I felt inspired. I began to personally discern a missionary vocation in my own heart. I felt deep within me a call to Salesian life and, during my novitiate, I expressed my desire to be a missionary ad gentes, ad vitam. I was closely accompanied by my spiritual guide during my three years of philosophy. I wrote to the Rector Major to express my readiness for the mission. The missionary theme of that year became my daily prayer: “Lord, send me”. I thank the Lord for calling me to the 146th Missionary Expedition (2015) and to be a missionary in Sri Lanka.

The Democratic Republic of Congo is a vast country and Salesians are not present everywhere. They are needed in many more areas of the country. With such a need for internal missionaries, the question arises why one should become a foreign missionary. The Salesian Congregation is missionary. It offers us the possibility of being a missionary in our own country or abroad because we belong to the great Salesian world. I felt the call of sharing my Christian and Salesian life with others wherever the Lord would send me.

As a missionary in Sri Lanka, my first assignment is to do my practical training (regency) in the studentate of philosophy. I feel great joy whenever we go out to meet the young people in a completely Buddhist village. This is our Sunday ministry. How nice it is to see Buddhist parents accompany their children to our oratory. We deal with the children and young people in a Salesian way and teach them a little English. I am happy to give myself to this missionary apostolate and I feel warmly welcomed. Sri Lankans are known for their genuine and spontaneous smile. It is really an oratory of joy, despite their material poverty.

I come from a culture very different from that in this part of the world. The daily diet consists of rice and spicy sauces; different local languages; bare feet in the church (temple, house) ... These are small challenges that I will gradually overcome in order to learn and appreciate this new culture. The missionary course in Rome taught us to be patient when experiencing “cultural shocks”. Personal prayer helps me overcome my personal challenges.

To young Salesians who would like to become ad gentes missionaries, I would say, we must always remember that a missionary vocation is a gift from God, who wants us to continue his mission all over the world. When we feel called to the missionary life, we give an immediate and positive response, because it is God’s own initiative in our regard.

Faustin Bahati SDB
Congoese Missionary in Sri Lanka

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

The Venerable Attilio Giordani (1913-1972), a layman, husband, and father of a family, worked many years with Christian enthusiasm in the Salesian Oratory of St. Augustine at Milan. Then, with an extraordinary apostolic spirit, moved to Brazil. In his letters to his girlfriend Noemi, his future bride, written in 1942, in the middle of the war, he jokes: “Miss, we have had to clear out a lot masonry from our house and consequently we have a lot of place for joy. Miss, I want you to be cheerful. As for myself, thank God, despite the usual ailments, despite my advanced age with all the thoughts that come along with that, I am quite cheerful ... It is my firm intention, and I invite you to pray for it, to always work for the glory of God and not for any other purpose. Miss, I confess that I dream of a family where the integrity of Christian peace and the innocent laughter of children (if the Lord grants us such a great grace) are not disturbed by any clouds.”

So that they may continue to radiate the joy of the call and be intercessors of the Lord’s generous blessings on the Salesian mission.

Faith, hope, and charity are the virtues of Christian life, which lead us to “the fullness of maturity in Christ” (Eph 4: 13). Those who are advanced in age have an ever-increasing treasure to draw on. It is a wealth that is renewed, the more it is given. Even among confreres of differing generations we can have a communion of goodness that challenges all changes in culture, language, taste and fashion. Let us pray that this dialogue and encounter between wisdom and experience on the one hand and the new generations on the other may be truly fruitful.
DECEMBER
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

For old and sick salesians
That they may continue to radiate the joy of their vocation call and be intercessors for abundant graces of the Lord for the Salesian mission

Faith, hope and charity are the essence of Christian living, which lead us to the “fullness of Christ” (Eph 4,13). Whoever is years ahead on the journey has an even greater treasure to draw from. It is a treasure that is renewed as much as one gives. This could create greater communion among generations of confreres that challenges all cultural changes, language, tastes and fashions. We pray that this dialogue and encounter between wisdom and experience on the one hand and the new generations on the other be really fruitful.

SALESIAN YOUTH MOVEMENT USA WEST PRESENTS:
YOUNG ADULT ADVENT
EVENING OF PRAYER
DECEMBER 16, 2017
7:00 PM - 9:00 PM
De Sales Hall, Bellflower

FOR MORE INFORMATION CONTACT: (562) 925-2250 EXT. 203 | salbyouth@salesianym.org

www.salesianym.org @SYMUSAWEST @SYM_USAWEST @salesianyouthmovement.USAWEST
SDB, FMA, teachers, parents and students of CCD program at Saints Peter and Paul parish, SF had a Living Rosary together after classes, Sunday Dec. 3, 2017.

Salesians of Saints Peter and Paul community celebrated the Feast day of St. Andrew, Patron of our Salesian Province.
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).

### Arthritis

**Abstracted from the Mayo Clinic**

Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid arthritis is an autoimmune disorder that first targets the lining of joints (synovium).

Uric acid crystals, infections or underlying disease, such as psoriasis or lupus, can cause other types of arthritis.

Treatments vary depending on the type of arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

**Symptoms**

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

**Causes**

The two main types of arthritis — osteoarthritis and rheumatoid arthritis — damage joints in different ways.

**Osteoarthritis**

The most common type of arthritis, osteoarthritis involves wear-and-tear damage to your joint’s cartilage — the hard, slick coating on the ends of bones. Enough damage can result in bone grinding directly on bone, which causes pain and restricted movement. This wear and tear can occur over many years, or it can be hastened by a joint injury or infection.

**Rheumatoid arthritis**

In rheumatoid arthritis, the body’s immune system attacks the lining of the joint capsule, a tough membrane
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The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com