Dear Salesian Sisters and Brothers,

Last night I attended the San Francisco Salesian Boys’ and Girls’ Club Gala at the Fairmont Hotel in San Francisco. The “person of the Year” being honored was Cheryl Scoma. She has given many years of service to the Club. We are grateful for her and for so many benefactors and friends who continue to support and help the club in their mission to the young. In a special way we thank Russ Gumina and Randy DeMartini for their dedicated service of many, many years to the Salesian Club. Thanks to them (and, to so many others), the Club is doing quite well. Congratulations and thanks to all for the fine job and support.

The Provincial Council just finished several days of discernment and discussion in view of next year’s assignments. We met at the beautiful retreat house, run by the Holy Names Sisters, in Santa Cruz. Villa Maria Retreat House sits at the edge of a beach area overlooking the ocean. While access to the beach is not that easily accessible, the view and peace one experiences is most relaxing and conducive to reflection and prayer. Fr. John Itzaina returned from his stint in Guadalajara, where he is studying Spanish, to attend these meetings. Please continue to pray for us as we try to listen to the Holy Spirit guiding us and helping us make the best decisions. While some assignments are easy to make, others require a lot of prayer, discussion and really listening to the cries of the young, our collaborators and our brothers in ministry. Our time away was good and, hopefully, fruitful. I will now travel around the province speaking with each brother in hopes that the changes asked will be accepted with humility and courage. I wish to thank you for your prayers and ask that you continue to lift our intentions to our loving God.

On Wednesday, March 14th, I will drive to Los Angeles for a Directors/Pastors meeting at St. Dominic Savio on Thursday, March 15th. This will be our third gathering this year of the leadership of the province. We also met in Berkeley, California, for a week last July, with the leadership of the New Rochelle Province. I wish to thank the Directors

MARCH BIRTHDAYS

Fr. Lucian Lomello, SDB
Br. Jerry Weirich, SDB
Br. Tony Matse, SDB
Fr. Armando Oliveri, SDB
Fr. Avelino Lorenzo, SDB
Fr. Arthur Lenti, SDB
Fr. Jack Gibson, SDB

PLEASE PRAY FOR OUR SICK

Fr. Harold Danielson............1
Br. Joseph Reza....................1
Fr. Bob Stein.......................11
Br. Joe Lockwood...............27
Fr. Roberto Ledezma..........27
Fr. Armand Oliveri..........30
Fr. Itchan Laygo...............31

REST IN PEACE

Fr. Mario Rosso, SDB
Dec. 15, 2017

Mrs. Aurelia Franco
Salesian Cooperator

Mr. Larry Danielson
the one brother of Fr. Harold, SDB
and Pastors for their service to the province and their communities. I also thank them for making the time and effort to attend these gatherings which, hopefully, nourish them and help them feel more connected to the greater mission to the young and to their brothers in community.

I will stay for the Religious Education Congress which takes place the day after our Leadership gathering, March 16-18. I always enjoy these days which offer an excellent opportunity for renewal, greater connection to the wider Church and connection with so many people we happen to see only once a year. I encourage the Salesian Family to take this opportunity, especially, if you have never attended one of these Congresses, to go and participate and connect with so many “faith-filled” people. It truly is an inspiring experience. This year, the young priests from the Eastern Province will be with us as part of their annual meeting with our young priests from our province.

On Friday, March 23rd, Don Bosco Tech will sponsor their Black and Gold Gala at the Millennium Biltmore Hotel in downtown Los Angeles. This year the honorees are Brother John Rasor, SDB, Lieutenant General (Ret.) John E. Rhodes, Mr. Paul Stroup and the Jet Propulsion Laboratory (JPL). A special honoree will be Monsignor John Moretta who is celebrating 50 years as a priest in the Los Angeles Archdiocese. These men and institution have given much to the service and growth of Don Bosco Tech. We thank them for their dedication and humble service. We are honored and happy to recognize their contribution and very generous service to our Salesian School.

The following day, Saturday, March 24, I will fly out to Texas to make my official visit of our Salesian Parish in Laredo, San Luis Rey. I will spend Holy Week and Easter with the Salesian community. I will also spend a few extra days after Easter with my family before flying back to Los Angeles for our April Provincial Council meetings at Don Bosco Tech in Rosemead.

Today we celebrate the Fourth Sunday of Lent, traditionally known as “Laetare Sunday,” so called from the first word of the antiphon used at the beginning of the Mass. The Latin word, Laetare, means “Rejoice.” It sets a tone of joyful anticipation of the Easter mystery. Hopefully, our Lenten season, with its scripture readings, prayers, Liturgies and works of penance and charity, has helped us delve more fully into the mystery of Christ’s suffering, death and Resurrection. This is the central message of our Christian Faith. God has loved us so much that he has sent us his son to save us, heal us and bring us out of darkness and death to new life and Resurrection. This time of Lent reminds us to trust God more, to acknowledge that He is God and we are not, to offer ourselves in loving service to our brothers and sisters, especially, those who are most vulnerable and weak and to let go of all that keeps us enslaved. Jesus comes to liberate us and offer us freedom.

Our Holy Father, Pope Francis, often reminds us to be a people of joy. While this fourth Sunday offers joy as a theme because of our closeness to the feast of the Resurrection, this theme also reminds us that we ought to live every day of our lives in this same spirit of gladness and gratitude. In his Apostolic Exhortation, The Joy of the Gospel (Evangelii Gaudium), Francis tells us that “an evangelizer must never look like someone who has just come back from a funeral!” The Gospel which is radiant with the glory of Christ’s cross and Resurrection, constantly invites us to rejoice. As Christians we drink from the wellspring of the Good Shepherd’s brimming heart. Jesus fills us with his joy and daily invites us to enter into the joy of the loving embrace of the God who we call, “Abba” and who calls us his beloved son or daughter, with whom he is well pleased. Let us not live as Christians whose lives seem
like Lent without Easter. So, on this Laetare Sunday, let us reflect on whether our Lenten journey is really leading us to that deep joy of living in the heart of the Risen Christ. He invites us into his loving heart. Lent invites us to enter, remain a while and be nourished and strengthened by true joy. We are freed from the fleeting pleasures that the world offers as solutions for our emptiness and loneliness. May this Lenten journey bring us to that new life, new freedom and new joy which empowers us to love more deeply and serve one another more generously.

With warm regards and gratitude,

Fr. Ted Montemayor, SDB

Province Calendar

March, 2018

1-4 TH-SU Provincial Visitation – SS. Peter & Paul, San Francisco
2-3 FR-SA Principals’ Meeting, Salesian HS, Richmond
5-8 MO-TH Provincial Council Meeting, Villa Maria, Santa Cruz
15 TH Directors-Pastors Meeting, South, 10:00 AM to 4:00 PM
15-18 TH-SU Religious Ed Congress, Anaheim
16-19 FR-MO Young Priests Workshop SUE-SUO Rel. ED and Bellflower
17 SA St. Patrick’s Day
19 MO St Joseph
22-26 TH-MO Provincial Visitation – San Luis Rey, Laredo

MARCH
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

For the Salesians in Europe

So that the Initial Proclamation of Jesus Christ may take place in the European continent, and the Salesian Family, in its multi-cultural and multi-religious context, may have the gift of discernment in the Spirit.

Europe is a great workshop of multi-cultural and multi-religious encounters. Christian communities face the challenge of respectful dialogue and a courageous proposal of their Christian and spiritual wealth. In dialogue and proclamation, may they fulfill their mission with fidelity.
Spending forty days with the four pillars of faith-based service: spirituality, social justice, simple living, and community

A resource brought to you by:

Catholic Volunteer Network
Where faith and service meet

Catholic Apostolate Center
Reviving Faith • Rekindling Charity • Forming Apostles
My volunteer program, SOME (So Others Might Eat) is an interfaith, community-based organization that exists to help the poor and homeless of our nation’s capital. We meet the immediate daily needs of the people we serve with food, clothing, and health care. We help break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly and individuals with mental illness. Each day, SOME is restoring hope and dignity one person at a time.

Today’s Gospel includes some of the most well-known lines in the bible. John 3:16 states, “God so loved the world that he gave his only Son, so everyone who believes in him might have eternal life.” I view this as God giving his Son to help the rest of humanity so they do not have to perish and will have eternal life. He loves us so much and wants the best for us. Another verse states “But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.” I believe this verse is telling us that we should practice our faith and show God’s love by helping others. I do my best to live out this Gospel as I volunteer with low-income senior citizens at the SOME Senior Center. I get to plan enjoyable activities and interact with the seniors – talking to them about wellness, playing bingo with them, ensuring they get a healthy meal, and just spending time talking with them and getting to know them. I want to bring some light into their lives. I also learn from the seniors – they have so much to share.

Focus on: Spirituality
To me, Spirituality means faith. This Gospel tells us that we should whole-heartedly place our faith in God. If we have faith in him, we will have eternal life. If we practice our faith by living the way God wants us to live, including serving others, he will be pleased with us. We need to believe that he sent us to this Earth for a purpose, whether it is to volunteer, or to pray for another or just to share his word.

Service Suggestion
I encourage everyone to volunteer. Find a program that speaks to your heart. Look to groups like Catholic Volunteer Network for lists of opportunities. Pray about it – ask God to guide your service and to give you strength when things get challenging. If you can’t commit to a long-term program, volunteer for a day. Volunteering not only impact others but can change the course of your life.

My prayer for you all today is to reflect on what God has done for you and what you can do for God and for your fellow brothers and sisters in Christ. Remember, “But whoever lives the truth comes to the light so that his works may be clearly seen as done in God.” Pray to God that you can be the light to someone who may be in the darkness.

About the Author: Jacqueline Martilla, currently serving with So Others Might Eat (SOME)
Jacqueline Martilla is originally from Long Island, NY. She received a Bachelor’s degree in Social Work from Marywood University in 2016. She is currently a year-long volunteer with SOME (So Others Might Eat) Volunteer Corps.
In today’s Gospel, Jesus prepares his followers for his impending Passion and reminds them of the type of discipleship they are called to: one of service and sacrifice.

We meet Jesus and his disciples in Jerusalem days before the Passover. Jesus has raised Lazarus from the dead and has been welcomed into the city with palm branches and praise—what we celebrate as Palm Sunday. “Whoever serves me must follow me,” Jesus says solemnly. What does it mean to follow Jesus? In this context, a lot. He is about to fulfill his mission on earth through his Passion, death, and resurrection. He knows what lies before him: torture, mockery, exhaustion, and death itself. If we are to follow Christ, he is asking us to do so in a way that involves carrying our crosses. The path to resurrection is filled with opportunities to grow in love and service of one another. Jesus reminds us, “Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.”

This Lenten season, as we journey towards the celebration of Easter and Christ’s resurrection, let us ponder what it means to follow Jesus and what role the cross plays in our discipleship. Are there certain things in our life that need to die in order to produce much fruit? Is Jesus asking us to give something up or work on something more deeply in order to better follow him?

**Focus on:** Simplicity

Simplicity is fundamental to deepening our lives of service. A commitment to detachment, whether physical or spiritual, frees us in order to better hear the promptings of God and be better disposed to the needs of others. Jesus himself lived a life of complete detachment to the will of the Father and one committed to simplicity. How can you practice a spirit of detachment and commit to a life of simplicity this Lenten season?

**Service Suggestion**

Are there things in your life that God is calling you to give up or be detached to? Go through your material goods this Lenten season and see if there’s anything that can benefit others, be donated, or recycled. Take this spirit of detachment deeper by decluttering your mental and spiritual lives. Are you over-committed or always on the go? Try to slow down this season and focus on bringing the notion of simplicity into your prayer life by doing a daily spiritual practice and doing it well.

**About the Author:** Kate Fowler, Catholic Apostolate Center Staff

Kate Fowler is the Blog Editor for the Catholic Apostolate Center. She received her M.A. in Leadership for the New Evangelization from the Augustine Institute in Denver, Co. Kate did a year of service with the Catholic Volunteer Network as their Communications Intern from 2012-2013 and currently resides outside of Washington, D.C.

---

John 12:20-33

"Whoever serves me must follow me, and where I am, there also will my servant be."

**~ prayer ~**

Lord Jesus,

You said that a grain of wheat must die in order to produce much fruit.

Help us as we prepare to celebrate your Passion, death, and resurrection to die to ourselves in order to live more fully for you and for others.

Help us to practice a spirit of detachment and simplicity as we seek to serve and follow you more closely.

May we carry our crosses each day joyfully with your grace so that we too may experience the beauty of resurrection.

Amen.
in association with

Proudly Present

Roosevelt High School

in

BEST OF BROADWAY

HAMILTON

Two Performances!
Saturday, March 17th, Doors Open @ 3 PM
Saturday, March 17th, Doors Open @ 7 PM

Roosevelt High School Auditorium

Director & Choreographer: Alyssa Landreth | Music Director: Maegan McConnell

Admission: Free
BELLFLOWER, CA, March 2, 2018 – With nearly 300 students competing from more than 20 schools in Los Angeles and Orange Counties, the Academic Decathlon featured some of the best and brightest in Southern California. In addition to finishing first place in its division, St. John Bosco High School finished with the 7th highest overall score. Junior Ethan Wadsworth led the Braves, winning 10 medals (nine of which were gold) and finishing with the fifth highest score out of the students who competed. Senior Regil Machete won six medals; and senior Jared Stillhard, junior Derek Wadsworth, sophomore Connor Roohan, and freshman Zachary Pao won five medals each.

Fifteen St. John Bosco High School students participated in the regional round of this national competition, which took place over the last two weekends. Decathlon teams are comprised of students from different grade-point average levels who compete against other students in 11 areas: Art, Economics, Essay, Interview, Language & Literature, Math, Music, Social Science, Speech, Science and Super Quiz. All events, except for Math, relate to a central topic; this year’s United States Academic Decathlon theme was “Africa.”

“I am extremely proud of our students for laying the foundation of academic competition excellence and paving the way for future Braves to show off their academic talents,” said Edgar Salmingo, Vice President of Academic Affairs, St. John Bosco High School. “To achieve first place in only their first year of competition is truly remarkable.”

The official medal counts are listed below.

DIVISION IV - FIRST PLACE OVERALL AND SUPER QUIZ CHAMPIONS: Andro Labastida, Regil Machete, Rudy Olivera, Nathan Quigg, Zachary Pao, Connor Roohan, Jared Stillhard, Derek Wadsworth, Ethan Wadsworth

TOTAL TEAM MEDAL COUNT

<table>
<thead>
<tr>
<th>Medal Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>31</td>
</tr>
<tr>
<td>Silver</td>
<td>7</td>
</tr>
<tr>
<td>Bronze</td>
<td>18</td>
</tr>
<tr>
<td>Total Medals</td>
<td>56</td>
</tr>
</tbody>
</table>
TOP MEDAL WINNERS

Ethan Wadsworth: 10 medals
Regil Machete: 6 medals
Andro Labastida, Zachary Pao, Connor Roohan, Jared Stillhard, Derek Wadsworth: 5 medals

DIVISION IV TEAM

Andro Labastida: 1 Gold (Interview), 2 Bronze (Essay, Music)
Regil Machete: 2 Silver (Art, Essay), 2 Bronze (Economics, Speech)
Rudy Olivera: Silver (Music)
Nathan Quigg: 2 Bronze (Music, Science)
Zachary Pao: Gold (Music), 2 Bronze (Essay, Math)
Connor Roohan: Silver (Social Science), 2 Bronze (Essay, Music)
Jared Stillhard: 2 Gold (Interview, Speech), Bronze (Art)
Derek Wadsworth: Silver (Art), 2 Bronze (Literature, Social Science)
Ethan Wadsworth: 7 Gold (Art, Economics, Literature, Music, Science, Social Science, Team High Scorer), Silver (Essay)

DIVISION V TEAM

John Arambulo: 2 Gold (Math, Music), Silver (Science)
Christian Brueggeman: Bronze (Social Science)
Albert De La Isla: Gold (Music)
Robert Hernandez
Carlos Medina: 2 Bronze (Art, Music)
John Udabe: Bronze (Literature)

About St. John Bosco High School:

Founded in 1940 by the Salesians of Don Bosco, St. John Bosco High School is a distinctive all-male Catholic college preparatory school with a student body of approximately 800 students, grades 9-12. As a Catholic college preparatory community in the Salesian tradition, the school educates young men with reason, religion and loving kindness to become men of purpose.

Junior Ethan Wadsworth led the Braves, winning 10 medals (nine of which were gold) and finishing with the fifth highest score out of the students who competed.
COME VISIT US AT THIS YEAR’S
LOS ANGELES RELIGIOUS EDUCATION CONGRESS 2018 IN ANAHEIM, CA.
MARCH 16-18
BOOTH #363, 365, 367
SPRING CLEAN OUT SALE!

DON’T MISS OUT ON THESE HUGE SAVINGS! EVERYTHING MUST GO!

PLACE YOUR ORDER BY TUESDAY MARCH 13 AND PICK UP AT THE SALESIAN BOOTH, #363, 356, 367, DURING THE RELIGIOUS EDUCATION CONGRESS 2018! PLACE YOUR ORDER BY CONTACTING THE PROVINCE YOUTH MINISTRY OFFICE.

PROVINCE YOUTH MINISTRY OFFICE
(562)925-2250 EXT. 203
SDBYOUTH@SALESIANYM.ORG

DON BOSCO TRACK JACKET
AVAILABLE SIZES: BLACK, CRANBERRY
S, M, L, XL, 2XL
LIMITED QUANTITIES
$25
REG. $35

BE SAINTS CREW NECK SWEATER
AVAILABLE SIZES: S
LAST ONE!
$10
REG. $25

BICENTENIAL T-SHIRT
AVAILABLE SIZES: S, M, L, XL, 2XL
LIMITED QUANTITIES
$10
REG. $25

DON BOSCO WINDBREAKER JACKET
AVAILABLE SIZES: S
LIMITED QUANTITIES
$25
REG. $35

BICENTENIAL TRACK JACKET
AVAILABLE SIZES: XL, 2XL
LIMITED QUANTITIES
$30
REG. $50

$25
REG. $35

$10
REG. $25

$10
REG. $25

$30
REG. $50

$25
REG. $35

$10
REG. $25

www.salesianym.org
ROSEMEAD, CA - March 3rd, 2018 Saturday is not one of those normal Saturdays at St. Joseph, Rosemead. The place is bubbling with youngsters from 8:30 a.m. on. I bumped into the first group who came in to join in the celebrating of the visit from the Pilgrim Virgin Statue of Our Lady of Fatima at Don Bosco Home from March 2nd – 11th, 2018. Led by Pauline, the Thieu Nhi Fatima (Youth of Our Lady of Fatima), a group of teenagers spent their Saturday devoting their love to the Blessed Mother. The Youth of Our Lady of Fatima has 4 chapters, with 400 youngsters ranging from 6 years old to young adult, sprawling over Southern California: in El Monte, San Gabriel, Torrance and Claremont. Their mission is, via the devotion to Mary, to teach children the story of Fatima, conveying the messages of love of Mary, prayers, penance and sacrifice. Their weekly Saturday classes focus on religious teaching, the Vietnamese language and its culture. Embracing these youngsters, the youth leaders embedded fun, communication, leadership skill, responsibility and even practical life skills such as trouble shooting with car problems. Their specific aim is to bring children closer to the Lord, via His Blessed Mother, and to prime them to good moral citizens and good Christians.

Witness the Work of Mary at St. Joseph’s Salesian Youth Renewal Retreat Center

By Sheila Kun, Cooperator
If you listen closely to their mission, it percolates the work we do here as Salesians – our devotion to the young and the poor, our reliance on Mary as the Help of the Christians, and using the preventive method. Our approach is very similar, especially the part that we reach out to the youth in a positive way.

As youth leader, Pauline did say that seeking out resources and planning for the curriculum is not easy task. It sounds like our Salesian youth leaders can reach out to her to share ideas. Pauline is also amazed by the energy and the enthusiasm of Fr. Paul Chuong Nguyen, the Salesian that she knows. Pauline said she welcomes more Salesian input into her group. Pauline can be reached at tchaupauline@gmail.com if you want to share any ideas of how to work with the youth.

It is not a coincident that The Youth of Our Lady of Fatima comes to a Salesian site for the devotion of the Pilgrim Virgin Statue. It is God’s incidence that we are all working together to bring the Good News to our children.
Even as we walk this year 2018 in faith, we have our eyes fixed on 2019, the year in which we will celebrate an extraordinary missionary month in October to commemorate the centenary of the Apostolic Letter of Pope Benedict XV, Maximum Illud. In the context of the time immediately after the war (1919), the Pope draws the attention of the whole Church to that dramatically painful hour in history. It is at the same time a time of hope, a very opportune moment for the proclamation of Jesus Christ to everyone. The memory of the ‘fury of persecutions’ in the first centuries of Christianity, says Pope Benedict XV, makes us look with realism and responsibility at this hour marked by clear signs of opposition and non-acceptance of the light of the Gospel. The analogy with our own times today is more than evident. We are in the midst of “a piecemeal third world war”, as Pope Francis repeats so often. However, this is not a time for lamentations only. It is a moment for abundant and generous sowing. We Salesians are called to “follow the flow of history”, not to be discouraged by difficulties. As we announce the Good News, we are called to be always happy (see Salesian Constitutions 19 and 17). Good mission to everyone!

Fr. Guillermo Basañes, SDB
Councillor for the Missions

Wayfarer, there is no path: the path is made by walking, so reads the poem ‘Caminante’ by Antonio Machado, expressing very well how our life and our mission are sometimes an unplanned journey. The path shapes the traveler. The young Salesian missionaries who undertook the adventure of ‘Project Europe’ experienced this in a concrete way by traveling together the “Camino de Santiago”.

Project Europe has young Salesian missionaries from India, Vietnam, East Timor, Indonesia, Peru, Poland, Congo, Zambia, Nigeria and Guatemala. They serve in France, Belgium, Holland, Ireland, the United Kingdom, Hungary, Kosovo, Austria, Bulgaria and Italy. Between 11 and 18 February, they made a pilgrimage on foot to Santiago de Compostela. Their helpers in their Provinces as well as the team of the Department for the Missions were with them on this pilgrimage.

“The journey was a paradigm of the mission in Europe. February is not easy in the green countryside of Galicia. We faced the cold, the wind, the snow and even a constant rain. It reminded us of the cold path of evangelization we walk in the face of the indifference of European secularism. The walk offered us also a glimpse of hope. We did arrive at our goal - Compostela. We turned the 38 missionaries in the old continent into a community. The pilgrimage gave us strength and matured us in our Salesian and missionary choices.”

The apostle St. James the Greater, one of the Lord’s beloved, reinvigorated our vocation as disciple-missionaries and purified our evangelical motivations. He helped us get ready even for martyrdom for his ‘Name’ as he himself did.

A programme for the on-going formation of young missionaries in Europe is held every two years. In these meetings the progress of the project is evaluated, and the challenges analyzed. The path that the Salesian Congregation is making in various countries of Europe is really bearing fruits of life and hope.

It was in this place (Compostela) that Pope St. John Paul II uttered those famous words ‘I, the bishop of Rome and pastor of the universal Church, cry out with love to you, ancient Europe: find yourself! Be yourself, rediscover your origins. Revitalize your roots. Return to living the authentic values that made your history glorious and your presence in other continents a blessing. Rebuild your spiritual unity, in an atmosphere full of respect for other religions. You can still be for the world a beacon of civilization and a stimulus for progress.”

The Missionary Project Europe "walks" with enthusiasm
The Joy of Transmitting the Charism of Don Bosco

My missionary vocation was forged, I believe, at the same time as my Salesian vocation. I had the providential fortune of growing up in a very poor neighborhood of Seville. In my childhood, a very young Salesian community settled in my neighborhood. It was an insertion presence of the post-conciliar era: few structures, witnessing to evangelical and Salesian life and concrete solidarity with the poorest. My childhood, and that of many children and young people in my neighborhood, was transformed thanks to an oratorian atmosphere. It seduced us and shaped us towards joy, love in groups, love for Jesus and the service of others, of the poorest in particular. That community helped many children like me to continue their studies. Those Salesians made a mark on me to the extent that I wanted to be like them. My willingness to go to Africa, right from the early stages of my training, was spontaneous.

I have faced several challenges in my missionary life. I present you two. The first was illness. My “baptism” by malaria almost killed me in my very first year in the missions of Togo. They saved me through emergency evacuation. That almost ended my missionary life ad gentes. The second challenge was the new Salesian presence in Ouagadougou, the capital of Burkina Faso. It seemed like my turn to relive what I admired in the Salesians of my childhood. Without economic means, any infrastructure, or even a home of our own ... and with only one companion in my community. The foundations of our community and our work took the form of a spontaneous oratory on the streets, visits to families and Sunday celebrations under the trees. It took us two years of living there and an analysis of the area to come with a plan for a stable form of educational and pastoral services. Our plan was simple and practical. It was entirely for those simple children and young people.

One of my greatest joys as a missionary was, without a doubt, the beginning of our presence in Ouagadougou. It was very challenging; but, far more than that, it was an immense joy. We could see that we were transmitting a charism through our words, actions and decisions. We were laying the foundation for Don Bosco’s work. Besides, it helped me feel very missionary, living and working in an area of first evangelization, among people thirsting for the Gospel, in a country with a significant Christian presence.

My second joy: the years I lived in Mali - 6 years of discovering a phenomenal country that is mostly Muslim, but tolerant of other religions, especially Christianity. Salesian centres are very much appreciated and the Church is highly respected. Many students and collaborators were authentic “Christians by desire” and their integration into Salesian activities was excellent. For me it was a reason to hope for the coexistence of religions. There is a future for the work of the Church and of the Salesians in the Muslim majority countries.

I leave a little thought for the young. I believe that Salesian life is worth it. If we live it with a missionary spirit of joyous dedication, availability and love for the poorest young people, it fills our whole existence.

Antonio HERRERA, Spanish Salesian Missionary in Benin (AFM)

Witness of Salesian Missionary Sanctity

Blessed Alberto Marvelli (1918-1946), alumnus of the Salesian oratory of Rimini. His centenary of birth occurs this March 21. He reminds us of the way we prepare land for the sowing of the seed. Collaborators of the Spirit of the Lord, within his family and in the Salesian oratory, did this for him. They took care of his life and his human and Christian growth. Each of us has a serious responsibility. To accomplish it, we too must have in our hearts that spark of holiness proper to the seekers of God who, as a community, work for the Kingdom of heaven.

For the Salesians in Europe

For the Initial Proclamation of Jesus Christ to take place on the European continent; that the Salesian Family, in its multicultural and multi-religious context, will have the gift of discernment in the Spirit.

Europe is a great multicultural and multi-religious melting pot. Christian communities face the challenge of a respectful dialogue and the courage to offer their Christian spiritual heritage; that, in dialogue and proclamation, they may fulfill their mission faithfully.
How Antioxidants May Prevent Against Free Radical Damage

The vitamins C and E are thought to protect the body against the destructive effects of free radicals. Antioxidants neutralize free radicals by donating one of their own electrons, ending the electron-"stealing" reaction. The antioxidant nutrients themselves don’t become free radicals by donating an electron because they are stable in either form. They act as scavengers, helping to prevent cell and tissue damage that could lead to cellular damage and disease.

Vitamin E: The most abundant fat-soluble antioxidant in the body. One of the most efficient chain-breaking antioxidants available. Primary defender against oxidation. Primary defender against lipid peroxidation (creation of unstable molecules containing more oxygen than is usual).

Vitamin C? The most abundant water-soluble antioxidant in the body. Acts primarily in cellular fluid. Of particular note in combating free-radical formation caused by pollution and cigarette smoke. Also helps return vitamin E to its active form.
The Antioxidants and Disease Prevention

- Heart Disease? Vitamin E may protect against cardiovascular disease by defending against LDL oxidation and artery-clogging plaque formation.
- Cancer? Many studies have correlated high vitamin C intakes with low rates of cancer, particularly cancers of the mouth, larynx and esophagus.

The Lesson: Eat Your Fruits and Vegetables!

The antioxidants are believed to help protect the body from free-radical damage. But before you go out and stock your pantry with mega-doses of these vitamins, be warned: more is not always better. The long-term effect of large doses of these nutrients has not been proven.

Other chemicals and substances found in natural sources of antioxidants may also be responsible for the beneficial effects. So for now, the best way to ensure adequate intake of the antioxidant nutrients is through a balanced diet consisting of 5-8 servings of fruits and vegetables per day.

Homework from the Care Ministry today: tell a friend about how free radicals are formed and why antioxidants are helping to repair the cellular damage.

The Care Ministry welcomes your feedback: e-mail Kunlouis@gmail.com

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