Dear Salesian sisters and brothers,

Last week the Provincial Council met at the Franciscan Retreat House in San Juan Bautista for four days of planning and reflection. The weather was cold and it rained, but we did have the occasional sunshine and warmer temperatures during the day, and the accommodations were very good. Besides our private rooms, we were given a house on the property where we met, prayed and spent time together. We are grateful for the hospitality given us and for the work that we were able to accomplish.

Part of our planning meeting focused on some reflection and work for our Extra-Ordinary visitation next month with Fr. Maria Arokiam Kanaga. Fr. Arokiam will be visiting our province for two months, speaking with each confrere and meeting with different groups of the Salesian Family so as to better understand the state of our province. Each community has been given the date of their community visitation and has been asked to prepare the necessary paperwork, documents and schedules. Fr. Arokiam arrives on March 11th and will end the extra-ordinary visitation on May 11, when he will present the final report to the province.

On Monday, March 18th, the Directors and Pastors will meet at St. John Bosco High School, Bellflower, for their biannual meeting with the Provincial Council. This meeting will include an opening talk with Fr. Maria Arokiam who will officially open the extra-ordinary visitation. The Delegates of the province and the delegates for our Provincial Chapter have also been invited. All confreres, members of the Salesian Family and lay leaders are invited to attend Fr. Maria Arokiam’s opening talk. It will probably last an hour. We encourage as many of the SDBs and lay leadership to attend this portion of the morning meeting, especially, those who live or work in the Los Angeles area. Please welcome Fr. Maria Arokiam and make him feel at home. Fr. Arokiam is on the General Council in Rome and Regional for the Indian provinces. His time with us will be a blessing and grace as he encourages us forward and challenges us to make changes that will help us grow as a province. While there may be areas regarding our Province life which might need some correction, re-alignment or new direction, these will also be blessings for us as a province. Hopefully, Fr. Maria Arokiam will also see the many positive elements and all the good done by our confreres, the Salesian Family and all our collaborators. We look forward to his visit as he represents our Rector Major, Fr. Angel Fernandez Artime.

On Sunday, February 17th, we will have our Province Day together with Rock Out Poverty. This will be held in Bellflower from noon to 7pm. The Day will end with Mass at Savio. A light lunch will be available at the beginning of our gathering.

January was a very busy month for me. I attended many meetings in Northern and Southern California, a Family Day in San Antonio, Texas, visited our brothers, Quang and Damien, in Orange, New Jersey and attended the installation Mass of the new Bishop of Monterey, California, Bishop Daniel Garcia, who had been the Auxiliary Bishop in Austin, Texas. I also celebrated the Feast of Don Bosco with the St. Bridget Chinese Community in Los Angeles on the Sunday before the feast and on January 31st, I presided at the community Eucharist in the Salesian Community of Orange, New Jersey.

I wish to congratulate Br. Vien Nguyen who on February 6 received the ministry of Acolyte. This ministry brings Vien another step closer to his Ordination to the Diaconate and later to the Priesthood. The simple ceremony took place at Don Bosco Hall, Berkeley, during the celebration of the Eucharist, followed by a simple but very beautiful reception in the
community and dining rooms. The novices and their formators also attended. Thank you to the community at Don Bosco Hall for accompanying Vien in his formation and for hosting us to the celebration of Vien’s receiving the ministry of Acolyte. We continue to keep Br. Vien in our prayers and accompany him also with our brotherly care and love.

On March 2, Br. Gustavo Ramirez will be ordained to the Priesthood at our Salesian Parish of Corpus Christi in San Francisco. Salesian Bishop Salvador Cleofas Murguia Villanueva, SDB, from Mixes, Mexico, will be the ordaining Bishop. And, on March 25th, Br. Fabian Cardenas will also be ordained to the Priesthood in his hometown of Bogota, Colombia at the Salesian Shrine of El Santo Nino. Br. Gustavo and Br. Fabian will finish their pastoral year where they have ministered during the last pastoral year which ordinarily concludes in July. We congratulate our two brothers. I know it has been a long and sometimes difficult journey for both of them. We are happy to have our two brothers ordained and look forward to many years of Salesian ministerial service with them. Let us also accompany them with our prayers, our care and our love.

In early March, after Br. Gustavo’s ordination, Fr. John Itzaina and I will fly back East to Orange, New Jersey for the Curatorium of the Post-Novitiate. A “Curatorium” is the term given to the gathering of those who meet to access the state of formation of our young men. It includes the team of Formators and the Provincials and Delegates of Formation of the provinces represented in that particular phase of formation.

As you can see, there are many wonderful “happenings” scheduled for the next few weeks and months. We continue to THANK God for his blessings, his presence and his goodness to us. I encourage you to pray for those who are in formation, especially, for our two brothers, Gustavo and Fabian, who will soon be ordained Priests. May God bless our endeavors and the work of our hands.

With warm regards and gratitude,

Fr. Jed
SAVE THE DATE

SUNDAY MARCH 17TH, 2019
St. John Bosco High School | Bellflower, CA

Check in: 11:00 - 11:30 AM

Mass: 5:30 PM
St. Dominic Savio Parish, Bellflower
## MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11</td>
<td>Arrival</td>
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<tr>
<td>12</td>
<td>Fr. Maria Arokiam meets with the Provincial Council (San Francisco)</td>
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<tr>
<td>13</td>
<td>Travel to Los Angeles; Beginning of the Visitation of the community in Bellflower</td>
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<tr>
<td>14-19</td>
<td>Bellflower Visitation to the one community, 3 missions.</td>
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<tr>
<td>17</td>
<td>Sunday, Province Day, Bellflower. Afternoon to 5:30 pm Mass.</td>
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<tr>
<td>18</td>
<td>Directors-Pastors Meeting, Bellflower. First Speaker: Fr. Arokiam Fr. Arokiam’s talk for Salesians, Lay Leaders</td>
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<tr>
<td>19</td>
<td>Close and conclusion of the visit in Bellflower</td>
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<td>20</td>
<td>Visit of Salesian High School community, Boyle Heights (Los Angeles)</td>
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<td>21</td>
<td>Salesian High School</td>
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<td>22</td>
<td>Religious Education Congress, Anaheim</td>
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<td>23</td>
<td>St. Mary’s Parish, Boyle Heights</td>
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<td>24</td>
<td>St. Mary’s Parish, Boyle Heights/St. Bridget’s Chinese Parish</td>
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<td>25</td>
<td>Salesian High, Boyle Heights, Conclusion of the Visit</td>
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<td>26</td>
<td>Don Bosco Tech and Rosemead community</td>
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<td>Don Bosco Tech</td>
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<td>30</td>
<td>St. Joseph’s Youth Renewal Center, Rosemead</td>
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<td>31</td>
<td>St. Joseph’s Youth Renewal Center, Rosemead</td>
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## APRIL

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<tr>
<th>Date</th>
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<tr>
<td>1</td>
<td>Don Bosco Tech, Conclusion of the Visitation</td>
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<td>2</td>
<td>Fly to San Francisco</td>
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<tr>
<td>3</td>
<td>Travel to Watsonville</td>
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<td>4</td>
<td>St. Francis Community, Watsonville</td>
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<td>5</td>
<td>St. Francis Community, Watsonville</td>
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<td>6</td>
<td>St. Francis Community/Parish of Our Lady Help of Christians</td>
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<tr>
<td>7</td>
<td>St. Francis Community/Parish of Our Lady Help of Christians</td>
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<td>8</td>
<td>Free</td>
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<td>9</td>
<td>Free</td>
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<td>10</td>
<td>Fly out to Laredo, Texas (San Luis Parish)</td>
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<td>12</td>
<td>Laredo, Texas</td>
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<td>13</td>
<td>Laredo, Texas and fly out to San Francisco</td>
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<tr>
<td>14</td>
<td>Salesian College Preparatory, North and Novitiate Community (Novitiate Curatorium), Begin Visitation</td>
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<td>15</td>
<td>Salesian College Preparatory, North and Novitiate Community</td>
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<tr>
<td>16</td>
<td>Salesian College Preparatory, North and Novitiate Community</td>
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<td>17</td>
<td>Conclusion of Visitation</td>
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<td>18</td>
<td>Ss. Peter and Paul’s Parish, San Francisco</td>
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<tr>
<td>19</td>
<td>Ss. Peter and Paul’s Parish, San Francisco</td>
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<tr>
<td>20</td>
<td>Ss. Peter and Paul’s Parish, San Francisco, Easter</td>
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<td>22-26</td>
<td>Retreat at Three Rivers</td>
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<td>27</td>
<td>Provincial House and begin visitation of Corpus Christi Parish, San Francisco</td>
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<td>28</td>
<td>Corpus Christi Parish, San Francisco</td>
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<tr>
<td>29</td>
<td>Corpus Christi Parish, San Francisco. Begin visitation of Don Bosco Hall, Berkeley</td>
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<td>30</td>
<td>Don Bosco Hall, Berkeley</td>
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Provincial Extraordinary Visitation
Province of St. Andrew | San Francisco, California
March 12th – May 11th, 2019

Fr. Maria Arokiam Kanaga

May

1. Don Bosco Hall, Berkeley
2. Don Bosco Hall, Berkeley
3. Conclusion of Visitation
4. Travel to Stockton, St. Luke’s Parish and Vietnamese Center
5. St. Luke’s Parish, Stockton
7. Provincial House Visitation
8. Provincial House Visitation
9. Work Day
10. Work Day
11. Conclusion of the Province Visitation and Final Report (given in Northern California)
welcomed them in the Salesian community in Tijuana.

The first night they had a short meditation about expectations and basic community rules. The young people expressed their excitement and nervousness during this meditation.

On the first day the group woke up, went to morning prayer and helped set up tables for a bingo fundraising. They then joined the whole community for some bingo. It was beautiful to see how some of the young people were able to get out of their comfort zone and do things that they had never done before like mopping, sweeping and setting tables. During night meditation they were asked the question; Where did you see Christ?

On the second day the group started with morning prayer again and right after headed to “El Desayunador” where they were able to serve food to over 700 homeless people. After, they had a community Mass with all the SDBs and volunteers followed by lunch. In the afternoon the group visited an orphanage that welcome children with AIDS. After that they had the opportunity to walk next to the border. The group ended the day with a reflection on how they felt going through all these activities.

The mission continues tomorrow... please keep us in your prayers and
support our missionary efforts in our province by getting young people involved in these type of missionary trips and by praying for this beautiful ministry.

We thank the administration of St. Francis High School for making this trip possible.

Visiting the border wall

Helping set the tables at “El Desayunador”

Mass with the community

Things need to be spotless

Ready to serve!

More dishes to wash!

Clean up time!

St. Francis students and chaperones

St. Francis students and chaperones

Helping serve over 700 homeless people

Helping set the tables at “El Desayunador”
The following young people have been chosen to serve and animate as the Spirit Team for SYLC 2019!

Max Fernandez  
St. John Bosco High School, Bellflower

Alyssa Garana  
Salesian College Preparatory, Richmond

Gio Garcia  
St. Francis High School, Watsonville

James Mariano  
Salesian College Preparatory, Richmond

Alexis Mendoza  
Don Bosco Technical Institute, Rosemead

Logan Malonzo-Munios  
Salesian College Preparatory, Richmond

Gabriel Lucas  
Salesian College Preparatory, Richmond

Anani Perales  
Salesian College Preparatory, Richmond

Alina Phan  
Mary Help of Christians Center, Stockton

Cici Yin  
Salesian College Preparatory, Richmond
WE'RE SENDING ALL OF OUR PRAYERS AND LOVE TO

MR. FABIERO
BOSCO'S BELOVED MUSIC/BAND DIRECTOR.

Mr. Fabiero recently underwent heart transplant surgery, however his body is rejecting the new heart.

Please keep him, his family, and friends in your prayers.
Barriers to Effective Cancer Pain Management

By Sheila Kun RN, BA, BSN, MS, FCCP
Salesian Cooperator

Last week we discussed how pain is undertreated in cancer patients. What are some of the barriers to effective cancer pain management? Here is what Ms. Christine Miaskowski, RN, PhD, FAAN listed in her article on the topic.

System Barriers
- Failure to make pain management a high priority for patient care.
- Lack of systematic and collaborative approaches to cancer pain management.
- Regulations that restrict the prescription and dispensing of controlled substances.
- Insufficient insurance coverage for pharmacologic and non-pharmacologic approaches to pain management.

Professional Barriers
- Inadequate knowledge of how to effectively titrate the dose of analgesic medications.
- Lack of comprehensive insurance coverage for pain management.

Patient and Family Caregiver Barriers
- Fear of addition.
- Reluctance to report pain.
- Lack of adherence to analgesic regimen.
- Inability to effectively manage the side effects of analgesic medications.
- Lack of access to cancer pain management professionals.
- Fear of masking new symptoms.
- Cost of pain medications.

I can tell you first hand witnessing what my brother had gone through with his cancer treatment. In spite of receiving a top-notch immunotherapy with the latest technology, his pain management was not the focus of the treatment post discharge. This is a huge over-sight as looking from the patient’s perspective, pain affects everything in his daily life. I can echo his wife’s fear of him going to be addicted to narcotics. Hence under reporting from the patient’s side is real.

As we do not quite understand how the onset, the trigger and the good control of pain, sometimes the complaint of pain comes across as attention getting or in extreme cases as “being fake”. As a patient, you may not have knowledge of what chemotherapy you need for your cancer, but you are definitely entitled to be pain free. Hence, let us start with the heightened awareness that pain is real in cancer and it needs to be well managed.

Your homework assignment for this week:

Be open to learn more about the issue of pain and management.

The Care Ministry welcomes your feedback – email kunlouis@gmail.com
“Behold, I come to do your will, O God.”

Heb 10:9

Presbyteral Ordination

With Praise and Thanksgiving to Almighty God
the Salesians of Don Bosco
of the Province of Saint Andrew the Apostle
joyfully announce and cordially invite you to attend
the Presbyteral Ordination of our Brother

Rev. Dn. Gustavo Ramirez, SDB

Through the invocation of the Holy Spirit
and the imposition of hands
by

His Excellency

Bishop Salvador Cleofas Murguia Villanueva, SDB

Mixes, Mexico

On Saturday, March 2, 2019 at 11:00 AM

Corpus Christi Church
62 Santa Rosa Ave.
San Francisco, CA 94112

Please join us for lunch immediately following Holy Mass in the Parish Hall.

The First Mass of Thanksgiving of Fr. Gustavo Ramirez, SDB will be on Sunday, March 3, 2019 at 12:00 PM.
“Rejoice... the Lord is with you”
Lc 1,28

With Praise and Thanksgiving to God.

The Salesians of Don Bosco of the Provinces of Saint Andrew in San Francisco, California and Saint Peter Claver of Bogotá joyfully announce and cordially invite you to attend the Presbyteral Ordination of Deacon

Fabián Alberto Cárdenas Chinchilla, SDB

Through the invocation of the Holy Spirit and the imposition of hands by His Excellency,

Camilo Fernando Castellón Pizano, SDB
Bishop of the Diocese of Barrancabermeja, Colombia.

On Monday the Twenty-Fifth of March, 2019
“Solemnity of the Annunciation of the Lord"
At 10:00 o’clock in the morning,
El Niño Jesús Church
Carrera 6 N 27-65 Sur.
Bogotá D.C. - Colombia.

First Thanksgiving Mass:
On Monday the Twenty-Fifth of March, 2019
At 5:00 o’clock in the evening,
El Niño Jesús Church
Carrera 6 N 27-65 Sur, Bogotá D.C. - Colombia.
In every young person, a point of goodness is accessible and it is the primary duty of the educator to discover that sensitive cord of the heart so as to draw out the best in the young person.

- Don Bosco