Each year, through Mother Church, God “gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed… as we recall the great events that gave us new life in Christ” (Preface of Lent I). We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ’s paschal mystery – “for in hope we were saved” (Rom 8:29) is a priceless gift of God’s mercy.

When we live as children of God, redeemed, led by the Holy Spirit (cf. Rom 8:14) and capable of acknowledging and obeying God’s law, beginning with the law written on our hearts and in nature, we also benefit creation by cooperating in its redemption. That is why Saint Paul says that creation eagerly longs for the revelation of the children of God; in other words, that all those who enjoy the grace of Jesus’ paschal mystery may experience its fulfilment in the redemption of the human body itself. When the love of Christ transfigures the lives of the saints in spirit, body and soul, they give praise to God. Through prayer, contemplation and art, they also include other creatures in that praise, as we see admirably expressed in the “Canticle of the Creatures” by Saint Francis of Assisi (cf. Laudato Si’, 87). Yet in this world, the harmony generated by redemption is constantly threatened by the negative power of sin and death.

Indeed, when we fail to live as children of God, we often behave in a destructive way towards our neighbours and other creatures – and ourselves as well – since we begin to think more or less consciously that we can use them as we will. Intemperance then takes the upper hand: we start to live a life that exceeds those limits imposed by our human condition and nature itself. We yield to those untrammelled desires that the Book of Wisdom sees as typical of the ungodly, those who act without thought for God or hope for the future (cf. 2:1-11).

Unless we tend constantly towards Easter, towards the horizon of the Resurrection, the mentality expressed in the slogans “I want it all and I want it now!” and “Too much is never enough”, gains the upper hand.

The root of all evil, as we know, is sin, which from its first appearance has disrupted our communion with God, with others and with creation itself, to which we are linked in a particular way by our body. This rupture of communion with God likewise undermines our harmonious relationship with the environment in which we are called to live, so that the garden has become a wilderness (cf. Gen 3:17-18). Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests, to the detriment of other creatures.

Once God’s law, the law of love, is forsaken, then the law of the strong over the weak takes over. The sin that lurks in the human heart (cf. Mk7:20-23) takes the shape of greed and unbridled pursuit of comfort, lack of concern for the good of others and even of oneself. It leads to the exploitation of 1. The redemption of creation

The celebration of the Paschal Triduum of Christ’s passion, death and resurrection, the culmination of the liturgical year, calls us yearly to undertake a journey of preparation, in the knowledge that our being conformed to Christ (cf. Rom 8:29) is a priceless gift of God’s mercy.

2. The destructive power of sin

A MESSAGE FOR THE PROVINCE
creation, both persons and the environment, due to that insatiable covetousness which sees every desire as a right and sooner or later destroys all those in its grip.

3. The healing power of repentance and forgiveness

Creation urgently needs the revelation of the children of God, who have been made “a new creation”. For “if anyone is in Christ, he is a new creation; the old has passed away; behold, the new has come” (2 Cor 5:17). Indeed, by virtue of their being revealed, creation itself can celebrate a Pasch, opening itself to a new heaven and a new earth (cf. Rev 21:1). The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery.

This “eager longing”, this expectation of all creation, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the “travail” that conversion entails. All creation is called, with us, to go forth “from its bondage to decay and obtain the glorious liberty of the children of God” (Rom 8:21). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

Fasting, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to “devour” everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. Prayer, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. Almsgiving, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God’s plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the “lenten” period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin (cf. Mk 1:12-13; Is 51:3). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be “set free from its bondage to decay and obtain the glorious liberty of the children of God” (Rom 8:21). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus’ Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ’s victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

From the Vatican, 4 October 2018,

Feast of Saint Francis of Assisi
SUNDAY MARCH 17TH, 2019
St. John Bosco High School | Bellflower, CA

11:00 - 11:30 AM    Check-In
11:30 AM            Introduction and Welcome
11:30 - 1:45 PM     Social Justice Stations open
                      music and food
2:00 - 5:15 PM     Profile of a Salesian for Youth Today
                      (General Chapter Process)
5:30 PM             Mass (St. Dominic Savio Parish)

RSVP with Gina Robles at the Youth Ministry Office
Email: gina@salesianym.org
Phone: (562)925-2250 ext. 203
**PROVINCIAL EXTRAORDINARY VISITATION**  
Province of St. Andrew | San Francisco, California  
March 12th – May 11th, 2019

**Fr. Maria Arokiam Kanaga**

### 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</td>
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<td></td>
<td>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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<tr>
<td>20</td>
<td>Visit of Salesian High School community, Boyle Heights (Los Angeles)</td>
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<tr>
<td>21</td>
<td>Salesian High School</td>
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<tr>
<td>22</td>
<td>Religious Education Congress, Anaheim</td>
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<tr>
<td>23</td>
<td>St. Mary’s Parish, Boyle Heights</td>
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<tr>
<td>24</td>
<td>St. Mary’s Parish, Boyle Heights/St. Bridget’s Chinese Parish</td>
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<tr>
<td>25</td>
<td>Salesian High, Boyle Heights, Conclusion of the Visit</td>
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<tr>
<td>26</td>
<td>Don Bosco Tech and Rosemead community</td>
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<td>27</td>
<td>Don Bosco Tech</td>
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<td>Don Bosco Tech</td>
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<td>29</td>
<td>Don Bosco Tech</td>
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<tr>
<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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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1</td>
<td>Don Bosco Tech, Conclusion of the Visitation</td>
</tr>
<tr>
<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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<tr>
<td>5</td>
<td>St. Francis Community, Watsonville</td>
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<tr>
<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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<tr>
<td>10</td>
<td>Fly out to Laredo, Texas (San Luis Parish)</td>
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<td>11</td>
<td>Laredo, Texas</td>
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<tr>
<td>12</td>
<td>Laredo, Texas</td>
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<tr>
<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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<tr>
<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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<tr>
<td>17</td>
<td>Conclusion of Visitation</td>
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<tr>
<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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<tr>
<td>22-26</td>
<td>Retreat at Three Rivers</td>
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<tr>
<td>27</td>
<td>Provincial House and begin visitation of Corpus Christi Parish, San Francisco</td>
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<tr>
<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>
</tr>
<tr>
<td>30</td>
<td>Don Bosco Hall, Berkeley</td>
</tr>
</tbody>
</table>
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
6  St. Luke’s Parish, Stockton; Leave for the Provincial House
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)
12 End of Extraordinary Visitation.
On March 2, 2019, St. Bridget Salesian Cooperators conducted a formation day for the second-year cooperator candidates. Thanks to Elizabeth Gamarra, the US Western Region Cooperator Provincial Coordinator, the formation chairs Mike Alvarez and Judy Wilber Alvarez for giving a day of spiritual education to enrich our candidate’s knowledge of St. John Bosco and the essence of being a Salesian Cooperator. The formation presentation was well prepared, complete with power point slides, videos, stories, questions and answers and it was presented in a dynamic and interactive manner.

Elizabeth Gamarra, Provincial Coordinator for the US Western Region

Judy Alvarez, Formation chair

Mike Alvarez, Formation chair
February 14, 2019

To All of our Dear SDB Brothers,

It is with great joy that we invite you to join us in prayer and celebration of World Gratitude Day for Mother Yvonne. This is a significant, yearly event hosted by different countries throughout the world each year. This will be the first time that the US hosts World Gratitude Day in our 147 years of existence as an Institute. Our Mother General, Mother Yvonne Reungoat, will be making a rare visit to our Province for this rich, spiritual and renewing experience. All FMA’s and SDB’s are invited along with our Provincials and representatives of our Salesian Family from Canada, Mexico and Central America. It is our joy to be celebrating this feast in the Archdiocese of Los Angeles at St. Dominic Savio Parish.

When        April 26, 2019
Where        St. Dominic Savio Parish Church
             13400 Bellflower Blvd.
             Bellflower, CA  90706
What         Eucharistic Celebration
Time         2:30 P.M.

This is Mother Yvonne’s last year as our Mother General and it was her desire to come to our Province to offer the Institute’s Gratitude for the many blessings received in helping us to serve God’s youth. Mother Yvonne has been in this service of authority for twelve years, and also serves the Church as the President of USMI (Union of Major Superiors of Italy).

We pray you can make our joy complete by celebrating all or any one of our celebrations from April 14th to May 2nd. I am sending attachments with all the information of our plans in bringing Mother Yvonne throughout the Province. Feel warmly welcomed to join us in this privileged experience of God’s Providence awaiting us through this celebration.

Please RSVP with Sr. Lourdes at (956) 251 – 5954. Many Thanks!

Through Jesus and Mary,

Sr. Rosann Ruiz, FMA
Provincial
Schedule of Mother Yvonne Reungoat’s Visit

to the Province of Mary Immaculate (SUO) in Anticipation for World Gratitude Day 2019

Sunday, April 14
**PALM SUNDAY**
Departure from **Rome**
Arrival to **San Antonio, Texas**
All FMA to be present at the Provincial House for Mother Yvonne’s welcome

Monday, April 15
**AM** – Mother Yvonne visits the Provincial House community

5:00 PM All Sisters and members of the Salesian Family of the region gather for Evening Prayer and formal welcome for Mother Yvonne followed by light supper.

Tuesday, April 16
9:00 AM – visit to St. James the Apostle School

PM – Visit to St. Peter and Joseph’s Home (refuge for children in crisis)

San Antonio, Texas

Wednesday, April 17
6:30 AM – Mass and breakfast at St. John Bosco

7:30 AM – travel to **Laredo, Texas** and visit of Mary Help of Christians School followed by lunch

PM – travel to Provincial House **San Antonio, Texas**

Thursday, April 18
**HOLY THURSDAY**

AM – visit St. John Bosco School
Lunch at Provincial House

PM – supper with St. John Bosco Community followed by Evening *Mass of the Lord’s Supper and Adoration* at the Provincial House

Friday, April 19
**GOOD FRIDAY**

*Living Stations of the Cross* at San Fernando Cathedral
Half day retreat

Saturday, April 20
**HOLY SATURDAY**

AM – travel to **Austin, Texas** visit Austin Community followed by lunch

PM – *Easter Vigil Mass* at Provincial House
Louisiana and Colorado to join Texas communities

Sunday, April 21
**EASTER SUNDAY**

11:00 AM – *Easter Sunday Mass* at the Provincial House with FMA of the region

4:30 PM – Conference and Evening Prayer followed by supper and Good Night

Updated February 8, 2019
<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Monday, April 22</td>
<td><strong>Arrival of World Gratitude Day Team</strong> Bellflower, California</td>
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<tr>
<td></td>
<td>AM – Louisiana and Colorado travel back to their communities</td>
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<tr>
<td></td>
<td>Mass and breakfast with The Most Reverend Archbishop Gustavo García-Siller</td>
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<tr>
<td></td>
<td>Late morning travel to Bellflower, California</td>
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<tr>
<td></td>
<td>5:00 PM – Sisters of Boyle Heights, Los Angeles and Bellflower greet</td>
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<td></td>
<td>Mother Yvonne followed by Evening Prayer and Supper at St. Dominic Savio</td>
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<tr>
<td>Tuesday, April 23</td>
<td><strong>Arrival candidates, novice and Sisters professed 1-15 years.</strong></td>
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<tr>
<td>Wednesday, April 24</td>
<td><strong>Arrival of CIMAC/NAC provinces with Sr. Chantal</strong> Bellflower, California</td>
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<tr>
<td></td>
<td>AM – Community of Bellflower will visit La Placita and Our Lady of the Angels Cathedral Los Angeles, California.</td>
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<td></td>
<td>PM – visit St. Dominic Savio complex</td>
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<tr>
<td>Thursday, April 25</td>
<td><strong>Arrival of Animators and Council members</strong></td>
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<tr>
<td></td>
<td>AM – CIMAC/NAC Provincials Meeting in Community of St. Dominic Savio Bellflower, California</td>
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<td></td>
<td>4:15 PM – Depart from Bellflower to St. Mary’s</td>
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<td></td>
<td>6:00 PM – Evening Prayer and social at St. Mary’s Parish Boyle Heights</td>
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<tr>
<td>Friday, April 26</td>
<td><strong>WORLD GRATITUDE DAY</strong></td>
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<td></td>
<td>AM – Morning Prayer and breakfast in hosting community</td>
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<td></td>
<td>10:30 AM – departure from Bellflower to banquet hall</td>
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<td></td>
<td>11:00 AM World Gratitude Day Banquet Hollywood Sports Park Banquet Center Bellflower, California</td>
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<td></td>
<td>2:30 PM World Gratitude Day Mass and Reception St. Dominic Savio Parish Bellflower, California</td>
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<td></td>
<td>5:30 PM – Depart from Bellflower to St. Thomas</td>
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<td></td>
<td>7:00 PM World Gratitude Day Program and Social St. Thomas the Apostle Parish and School Los Angeles, California</td>
</tr>
<tr>
<td>Saturday, April 27</td>
<td><strong>Departure of CIMAC, candidates, novice and Sisters professed 1-15 years</strong></td>
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<td></td>
<td>AM – Morning Prayer and breakfast in hosting community</td>
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<td></td>
<td>FMA Lunch and Gathering at benefactor’s house</td>
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<td></td>
<td>PM – NAC Council Meeting, St. Dominic Savio</td>
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<td><em>(We remember Servant of God Sr. Antonieta Böhm on the date of her death)</em></td>
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<tr>
<td>Sunday, April 28</td>
<td>Animators Meeting, St. Dominic Savio</td>
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<tr>
<td>Monday, April 29</td>
<td><strong>Departure of Animators, Council members and World Gratitude Day Team</strong></td>
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<td></td>
<td>AM – Travel to Corralitos, California</td>
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<tr>
<td>Tuesday, April 30</td>
<td>AM – Travel to Bend, Oregon</td>
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<td></td>
<td>PM – Travel to San Antonio, Texas</td>
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<td>Wednesday, May 1</td>
<td>Provincial House</td>
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<td></td>
<td>Rest and preparation for travel</td>
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<tr>
<td>Thursday, May 2</td>
<td>Farewell and Departure for Rome</td>
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</tbody>
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**INTOUCH - MARCH 6TH, 2019**
On February 22-24, the Spirit Team for SYLC 2019 had their first retreat/training at St. Joseph’s Renewal Center. Six students came from up north, they traveled with me early on Friday, it was a long journey but very exciting, especially for the kids to start their work on being part of Spirit Team. Our gathering started at 4pm, the student member from Bosco Tech and St John Bosco High School joined us along with two young adults who will be part of the Adult team to support us. I want to give thanks to all the Adults who helped, either giving a talk or leading some of the activities. The theme for the first day theme was “call to invitation.” During his “good night,” Fr. Itchan reminded us to remember the call of little Johnny Bosco at the age of nine, and how our Lord and Mary invited him to respond in a dream, and how each one of us are also called in the spirit of the Salesian charism; because we are the sons of a dreamer. We, like him, are all called to be signs and bearers of God’s love for the young.
and those most in need. On our second day (Saturday), our theme was “call to animate.” We learned how to work as a team and how important it is to follow directions, to listen, to be aware of others’ needs, but also how to be creative and use our gifts and talents together for the service of others, as Monica Rosales guided us in her presentation and ice breakers on how to animate others who are not part of our team. Sunday, our third day was the shortest day. We started off Saturday evening with a great reflection learning that we are “call to accompany”. Fr Itchan gave us a great presentation, reflecting on the Emmaus walk, and how Jesus invited his disciples to not feel alone, because he is with us, and how we must do the same and not let others feel alone. We joined the St. Joseph’s Sunday community for Mass, and Fr Paul Chung presented us to everyone and asked to pray for our mission as a Spirit Team. Finally, after Mass we gathered together for our last review of goals, questions and final remarks before going home. I want to thank Gina Robles and Enrique Diaz for their witness and support during these 3 days of just the beginning of our work as Spirit Team 2019. Please keep us in your prayers, that may the Spirit of joy and wisdom continue to guide us to achieve the mission entrusted to us.

In the Spirit of Don Bosco,
Congratulations Fr. Gustavo Ramirez, SDB!

Newly ordained Fr. Gustavo Ramirez, SDB giving Bishop Salvador Cleofas Murguira Villanueva, SDB from Mexico a blessing

The Province of USA West with Bishop Salvador

Family of Fr. Gustavo Ramirez with Bishop Salvador
The laying of the hands and prayer of ordination

The program and vestment of Fr. Gustavo

Newly ordained Fr. Gustavo and family

“Behold, I come to do your will, O God.”

Heb 10:9
St. Francis Bids Father David a Fond Farewell

In 2001, as President, Father David Purdy took the helm of the new St. Francis High School when it opened its doors at Holy Cross Parish Hall. Father David guided the journey of the rebirth of the new school on the shores of Kelly Lake as he oversaw the funding and building of the new campus.

He shepherded a new generation of St. Francis students at his alma mater. With his keen wisdom and legendary humor, Father David endeared himself to students, parents, and staff. He was called to be Provincial of the Western Province of Salesians in 2003 and served St. Francis in that capacity until he returned to campus in 2007 as the campus minister.

Father David could be seen each morning greeting St. Francis students and staff at the gate and wishing them well on their way home at the end of the day. Throughout the day he would be visible on campus, never missing any school events. He knew each student by name. He was a constant presence and the cornerstone of the campus.

He was the SHARK super fan on the field, in the gym, and in the audience. He could be found at all athletic and performing arts events cheering and supporting athletes and cast members alike. Father David was the most dedicated fan during the 2016-2017 basketball team run to the Division V State Championship Finals. The school honored him with his own #1 basketball jersey.

Father David was the ultimate Salesian on the St. Francis campus – understanding what Don Bosco wanted in all his works not just by repeating Don Bosco’s words, but by living them every day by true example. He was an expression of true Catholic faith, honesty, integrity, and professionalism to all members of the community. And if you needed a joke, he was your man.

Father David devoted his life to God, his faith, and to educating youth. The St. Francis Community will be forever grateful to him for sharing his gifts with us and for a lifetime of devotion to the Salesians and St. Francis.

Enjoying a well-deserved retirement, Father David has returned to his roots in southern California to be closer to his family. He is living with the Salesian Community at the St. John Bosco High School campus in Bellflower, California.
Through the vision and generosity of many donors, the dream of a new college preparatory Catholic high school in Santa Cruz County became a reality.

St. Francis presently serves over 250 students from four counties as well as international students from China, Brazil, France, and Italy.
The week of February 18 – 24, we have once again initiated our Busy Person Retreat. Now, for those of you that don’t know, this retreat is very unique in the way that it is meant to work with your schedule. This “at home” retreat gives everyone a chance to grow in their spiritual life without having to interrupt their personal lives (work, school, etc.).

In this retreat, we had a total of 15 young adults from the ages of 17-30 participate. In our first general meeting, we had them randomly split up into groups, and each group had an assigned spiritual director that would guide them with any personal questions or reflections. From there, each group discussed scheduling and when each group can meet up. So, another thing that was really interesting about this retreat was that the meeting with spiritual directors, could be anywhere! (Starbucks, Denny’s, etc.) Throughout the week, the groups keep in contact and focused individually when to pray and read scriptures to increase their faith in God.

Furthermore, the retreat ended with a closing mass on Sunday and an agape. While enjoying pizza and snacks, participants discussed what they enjoyed most about the retreat. Fr. Chinh, one of our spiritual directors, described the meeting as, “something that has to be done to get the experience because it is truly indescribable”. Lastly, the retreat was a success and now we have bigger plans for the future!
Describing Pain

How Do You Describe Pain to Your Doctor?

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

Christine Miaskowski, RN, PhD, FAAN described breakthrough pain in detail. Let me highlight the key points for you.

Breakthrough Pain is pain described as sudden, severe flare-ups of pain that come and go. These flare-ups are called breakthrough pain because the pain “breaks through” the treatment for persistent pain. Pay attention to the frequency and duration. Note the intensity of the pain. When assessing the occurrence of breakthrough pain, ask the following questions.

Does your breakthrough pain occur with movement or other activity?

Does your breakthrough pain occur spontaneously?

Does your breakthrough pain occur with activity?

Does your breakthrough pain occur just before your next dose of pain medication?

An important aspect of the assessing of the breakthrough pain is to ask the type of treatment you have tried in the past to relieve your breakthrough pain.

Whether the breakthrough pain interferes with your daily activities and functions needs to be described in detail. The following areas of interference need to be addressed:

A. General activity
B. Mood
C. Walking ability
D. Normal work (includes both work outside the home and house work)
E. Relations with other people
F. Sleep
G. Enjoyment of life

These are simple questions that serve as useful tools when you have breakthrough pain. Your accurate description of your experience will help your doctor to make the most optimal decision to manage your pain.

We will begin to explore the medical management of pain starting next week.

Your homework assignment for this week from the Care Ministry:

Share these simple tools with someone who has chronic pain.

The Care Ministry welcomes your feedback: kunlouis@gmail.com

INTOUCH - MARCH 6TH, 2019
“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 Bogota 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.
Dear Friends,

Doesn’t it seem like Advent and Christmas just ended? And yet, here we are – on the brink of another Lent. Another 40 days of prayer, fasting, and almsgiving. Another chance to dig deeper into what these three aspects of our faith mean and how we can live them out in light of our experience of long-term service. There is a correlation between the actions of prayer, fasting, and almsgiving and the pillars of faith-based service of spirituality, community, simple living, and social justice. All of these call us to give more of ourselves than we realized we could. They call us to be uncomfortable and uneasy, but yet remain open to the possibilities this discomfort brings.

The beauty of our faith is that we can find inspiration anywhere for a deeper relationship with Christ. This encounter can occur in the acts of praying, fasting, and giving of alms. We can develop our relationship with Christ through our personal and communal prayer lives. We can learn more about the sacrifice of Christ through our fasting. We can give what we have – our time, talents, and treasure – to those who are lacking.

We are called to make a commitment to take these next forty days as a time to dig deeper into our faith and our relationship with Christ and others. This is a time for introversion, self-awareness, and growth within ourselves, much like Christ did in the desert.

For those currently in a service program, you have the freedom to take this time to grow deeper in your relationship with Christ. Even though it might seem like you are overwhelmed with your job, community life, personal relationships, and figuring out what is next, you will most likely never have a time where your life is solely dedicated on your own personal and spiritual development. Take advantage of this time to “wander in the desert” in a way. These forty days help us to grow inward so we can go outward when we experience the beauty of the resurrection on Easter Sunday.

As baptized, we are called to go forth and go outward to live as missionary disciples. Pope Francis tells us this in his Apostolic Exhortation, The Joy of the Gospel (Evangelii Gaudium), “Throughout the world, let us be ‘permanently in a state of mission.’” (EG 25). Once we have encountered Christ in our own way, we are called to move out from ourselves and accompany others in experiencing their own encounter with Christ. But we are not called to do this alone; we need to go through these times in a community – whether with our parish community, family community, or our service community. Then, like the apostles from the upper room at Pentecost, we are sent out to share our encounter with Christ and to meet people where they are to experience their own encounter with Christ.

These next forty days are an opportunity. A time for us to challenge ourselves to pray, fast, and give alms. It is also a time to strengthen our relationships with those around us and with Christ. Use this reflection guide as a starting off point for your Lenten journey. Take to heart the words written (and spoken) by the authors. Let them help you to dig deeper this Lent and enjoy the beauty of the resurrection at Easter.

Sincerely,

Monica Thom Konschnik
Catholic Apostolate Center, Assistant Director of Administration
Catholic Volunteer Network, Board of Directors
Thinking about recompense and repayment for doing righteous deeds and for praying in secret is an odd experience when you’re doing a year of service through a faith-based organization. Am I supposed to keep secret the work that I’m doing during this year? Should I quietly go about it and not share my experience with others? Is it wrong for me to want to tell my stories from my placement? Do I expect recompense from God for this year of service?

To answer those questions, a colleague suggested turning to *Brazos Theological Commentary on the Bible: Matthew* by Stanley Hauerwas. Hauerwas cites Bonhoeffer when questioning how to be the light of the world (Matt. 5:16) while also doing righteous deeds in secret. He writes, “According to Bonhoeffer, the hiddenness that should characterize the disciples’ action applies to the disciple” (p. 74). Hauerwas expands on this idea by saying that we must be apprentices of Jesus and learn to forget ourselves in our actions and act selflessly as Jesus did instead of doing such things for praise and recognition.

There’s a subtle beauty of the Lenten season of fasting and praying beginning with Ash Wednesday falling on St. Valentine’s Day. Instead of worrying about all of those questions, perhaps my prayers and meditations should be on how I can follow in Christ’s way by selflessly loving others just for the sake of loving them and expecting nothing in return from them or from God.

**Focus on: Spirituality**

As I’ve journeyed in my spirituality this year, I’ve questioned why I believe what I do. In conversations with those who have different beliefs, I’ve learned that there’s truth in everyone’s spirituality and that none is inherently better than others. As I’ve struggled with this reading and with how I express my spirituality, I’ve learned that it’s okay to question what I believe and that growth and strength of conviction come from those conversations and that struggling. This passage confirms that for me as I continue to live out and journey in my spirituality during this faith-based year of service.

**Service Suggestion**

During this Lenten season, I challenge myself and others to engage even more deeply with your communities. There is so much to learn about our communities and the work that is being done there. Throughout Lent, I challenge myself to listen more intently to the needs of my organization and my city and to ask of others what I can contribute instead of giving alms without research.

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**About the Author: Katrina Buchanan, currently serving with Lutheran Volunteer Corps**

Hailing from Erie, PA, Katrina Buchanan is serving as the Evangelical Lutheran Church in America’s Justice for Women program assistant in Chicago through the Lutheran Volunteer Corps. She is a graduate of Robert Morris University in Pittsburgh, PA with a degree in English, a minor in public relations, and a secret minor in theater. A former hockey player and a lifelong hockey fan, she can be heard coaching the Erie Otters from the stands when visiting home or through enthusiastic tweets while she serves in the Windy City.

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*Prayer of St. Francis*

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life. Amen.
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