Dear Salesian sisters and brothers,

These last few days have been quite busy for many of us as well as rewarding. On Friday, March 15th, early in the morning, I drove down to Los Angeles from San Francisco for a Members Meeting at St. John Bosco High School at 4pm and a joint dinner at 6pm with the Board of Directors. We do this once a year with all our Boards. Fr. Maria Arokiam Kanaga, the visitor doing our ExtraOrdinary Visitation, was also present.

On Sunday, March 17th, the Province gathered in Bellflower for “Rock Out Poverty” and Province Day. The Province Youth Ministry department organized the day. The day began at 12 noon with a light lunch of hamburgers, hotdogs and the trimmings. Booths were displayed expressing social justice issues from around the world. There was music and the day was quite warm which made it very relaxing. Folks sat, ate, drank and talked until 2pm. At 2pm those gathered were ushered into the MPR (Multi Purpose Room) Of Bosco. There we were led in a process, adults and young people together, very similar to what communities have been doing in preparation for our Provincial Chapter in June and our General Chapter in February 2020 in Turin. The theme of our next Chapter is: What Kind of Salesian For The Youth Of Today. The Rector Major, Fr. Angel, and his council have chosen this topic for a world-wide reflection. What do our young people expect and want from us, Salesians (SDBs)? What do we need to do and how do we need to be formed to meet those needs and how can we better work with our lay collaborators and partners. The one theme of the Chapter is divided into three sections: 1. Priority of the Salesian mission among today’s youth, 2. Profile of the Salesian for today’s youth, 3. Together with lay people in the mission and in formation.

I was happy to see a good number of young people and lay collaborators. Along with the SDBs we all participated in the discussions and small circle sharing. At the end we came together to share what we heard and was said. We were also asked to think of those Salesians who influenced us in some way. It was quite inspiring to hear from a number of volunteers, especially, the young how they had been influenced and accompanied by different Salesians. Afterwards, we all walked over to St. Dominic Savio Church next door, for our Sunday Mass, presided by Fr. Maria Arokiam. Later that evening, the Provincial Council treated Father Arokiam to dinner in Long Beach.

On Monday, March 18th, the Directors, Pastors, delegates of different departments in the province, delegates chosen by the communities for our Provincial Chapter, lay collaborators and some SDBs who are not Directors or Pastors, joined us for Fr. Arokiam’s talk which dealt with the topic of the visitation, some news from around the Salesian world and several points for reflection. Many of those present commented on how happy they were to hear some of his reflections and open minded ideas. After his talk, we continued with our own planned schedule for the Directors and Pastors and the invited delegates. The Delegates leading the different departments of our Province each shared their goals, challenges, hopes and evaluation of their progress. Part of this reflection came from their preparation for Arokiam’s Extraordinary Visitation and for the Provincial Chapter. That took the rest of the morning. After lunch, we continued the delegates’ sharing and opened it up for questions and answers. Several provincial councilors also shared what we had done or not done since our last ExtraOrdinary Visitation. The day finished with several comments on the upcoming Provincial Chapter in June by Fr. John Itzaina, our moderator, followed by a social and dinner. The day was a bit tiring but overall, good.
I wish to THANK the Youth Ministry Department, especially, Fr. Mel Trinidad, Br. Al Vu, Gina Robles and Enrique Diaz for their preparation and for hosting us on Sunday. Great Job! And, a big Thank You to Fr. Mel Trinidad, Fr. Tuan Nguyen and their helpers for hosting us the following day with the Directors/Pastors gathering. Everything went quite well and there was good sharing and participation.

This week the Los Angeles Archdiocese will host the Religious Education Congress which will take place at the Anaheim Convention Center. It is one of the largest gathering of its kind. Close to 40, 000 people attend. It begins on Thursday with Youth Day and ends Sunday afternoon with a very Solemn Mass presided by Archbishop Jose Gomez. In the past, I have been fortunate to attend many of these conventions. These Religious Education Congresses have been a wonderful experience and expression of “Church.” I have attended many workshops and beautiful liturgies. I encourage those who can to attend. This year I will only be able to attend the Friday sessions since I will travel to Bogota, Colombia for Deacon Fabian Cardenas’ Ordination.

On March 2nd, the Province of St. Andrew was fortunate and blessed to have celebrated the Ordination of Gustavo Ramirez to the Priesthood. It was a wonderful day and quite enjoyable to have joined with so many to celebrate this blessing. On Monday, March 25, our Province, along with the Bogota Province of St. Peter Claver, will also celebrate another Ordination. Deacon Fabian Cardenas will be ordained to the Priesthood by a Salesian Bishop in the shrine of Santo Niño in Bogota. Like Gustavo, Fabian has prepared for this day for over 10 years, which has included many challenges and struggles. I know that both Gustavo and Fabian are filled with great gratitude to God, to their families, to the Salesians and friends who have accompanied them to this place. It is an exciting time for them, full of emotion and some tensions. We wish to promise them our prayers and accompaniment as they embark in this new journey and ministry. We thank God for their giftedness and availability to serve God through our mission to the young. Around 8 SDBs and 40 or more lay people will be flying to Bogota from LA and San Francisco for this occasion. While we would have liked to have seen Br. Fabian ordained here in the province, it is understandable that because his family and most of those who accompanied him throughout his many years of formation, live in Colombia, that the Ordination take place close to his home. Some of us will be there in person but the rest of the Province will accompany him with our prayers. May God pour his Spirit into Fabric’s heart and fill him with passion for the young and those who are poor, in the spirit of the Good Shepherd who humbled himself that we might receive life. May Don Bosco and his Madonna intercede for Fabian so that Don Bosco’s dream of age nine might continue to be a reality in his priestly ministry.

I will remain a few days in Colombia before returning to Los Angeles. I will find myself in San Francisco and Los Angeles (back and forth) for the next weeks as I attend meetings at both ends of the State.

On Palm Sunday, April 14th, Mother Yvonne, the Mother General of the Salesian Sisters (FMA) will arrive in San Antonio to begin a two week visit to the Province of Mary Immaculate, also known as the Western Province of the Salesian Sisters here in the United States. This is Mother Yvonne’s last term as Mother General. Her term finishes at the next FMA General Chapter. We thank Mother Yvonne for her dedication, fidelity and animation of the Salesian Sisters world-wide. This year the Salesian Sisters of the Western Province have been asked to host this annual World Gratitude Day! Many other Salesian Sisters will also come from other parts of the region. The actual Gratitude Day will be celebrated on Friday, April 26. There will be a special Mass, with Archbishop Jose Gomez presiding, at St. Dominic Savio Church, at 2:30 pm. All are welcomed and highly encouraged to participate in this celebration and day of Gratitude.

Today the Church celebrates the Solemnity of St. Joseph, Patron of the Universal Church. While St. Joseph has been considered a quiet and a hidden personality in the Scriptures, he has also gained a strong reputation and devotion throughout the centuries of one who is a powerful intercessor. St. Teresa of Avila had a very trusting devotion to St. Joseph. Her first monastery which she founded was named after St. Joseph. Pope Francis is known to have a statue of St. Joseph sleeping or dreaming. Francis often places pieces of paper with petitions for the needs of the Church under the statue. And for us Salesians St. Josep is also an important figure in our lives. St. Joseph, under the title of “the worker,” was given as the patron for the Salesian Brother (Coadjutors) and also named as the patron of our Salesian formation, especially, Novitiates. May this humble and simple saint be a source of inspiration and a model for us of work, trust and fidelity. May his powerful intercession bring us many more vocations to our Salesian life and guide those in formation, especially, our novices. St. Joseph! Pray for us!

With warm regards and gratitude,
Fr. Arokiam encouraging those in attendance at Province Day to be open minded and be like Don Bosco for the young people of today.

There were six interactive stations where participants got to learn about the struggles that less fortunate young people in the world experience everyday.
In preparation for the Provincial Chapter and General Chapter, young adults shared with us some of the traits and qualities they feel are essential for SDB’s to have in order to continue to serve the young people of today.
Fr. Arokiam addressing the leaders of our Province (Directors, Pastors, Delegates, Council, and Lay Leaders)

Our school leaders sharing what they have been working on and what exciting projects are to come!

Fr. Maria Arokiam, SDB

Rudy Herrera, CYM for Don Bosco Tech, taking notes on the various presentations and updates of our Province.

Fr. Tho Bui, SDB going over one last time the Financial Annual Report for the Province.

Elizabeth Gamarra share with us what the various Salesian Family groups have been doing and how they have grown of the years!
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 Castrellón 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.
The Rite of Election was held at St. Mary’s Cathedral on March 10, 2019, with 42 other parishes from the Archdiocese of San Francisco. Our parish has 2 Catechumens: Vanessa Lovato and Janet Tran, who were enrolled as an Elect, and 1 Candidate: Albert Mung for full communion.

In the picture with the catechumens and candidate are family members: Mr. Tran, Freddy Lavadores and Deacon Edward, who joined and witness the ceremony celebrated by Archbishop Salvatore Cordelione.
Evangelizing young people through outreach programs.

By Fr. Jesús Rojano, SDB
Translated by J.C Montenegro & Fr. Luis Flores, SDB

This article was translated by Fr Luis Flores and Jc Montenegro from the magazine “Catequistas” published on February 15, 2019. Article written by Jesús Rojano SDB.

For a while now, and with good reason, we provided formation and taught catechesis before we promoted social commitment in our catechetical programs; however, formation is needed to action. It was often agreed upon that first comes theory and then practice. We need “to be” to be able “to do”. The final document from the Synod on Youth is suggesting that today’s young people are different. They like to do things first, then to be able to reflect on what they have done, and finally consider who they can become. They do not learn by listening or studying theories, rather they learn by doing things, by being active, and by participating in a project. This fact underlies the notion that volunteer programs that serve people in need are ways to find God. These activities provide a space where young people can discern their vocational call.

Pope Francis is pushing this new idea of encountering Jesus through social commitment and volunteer programs.

In a meeting with Jesuits in Colombia in 2017, a Jesuit asked how to renew Youth Ministry and the Pope gave the following answer:

We must put them in movement, in action. Now a days youth ministry in small groups and spending time in pure reflection does not work. We must provide meaningful activity for the young person. It does not matter if he/she is a believer. We need to challenge them to action. If they are believers, it will be easier to guide them. If they are not believers we have to allow life itself to change them, but only when they are in meaningful activity and well accompanied, without pushing our way, our thoughts, our agendas... just accompanying them in their volunteer effort. This can be working with the elderly or serving in any useful way... miracles happen.

If we put young people in meaningful ministry situations, we can enter into dynamics where our Lord could start talking to them and will start moving their hearts. We are not the ones who are going to move their hearts with arguments. However, we are going to move their minds when the heart has started to move.

In Cracovia a college student asked me: some of my friends are atheists. What do I need to tell them in order to convert them? This question showed me the sense of ecclesial militancy that this person had. My answer was clear: the last thing that you have to do is to “say something”. You need to start doing things together. Invite him to go with you to serve people and when he sees what you do, then you can start talking. What I tell you is that you need to engage young people in meaningful action. To create things where they can be protagonists and then ask questions like, what is happening? What has changed your heart? Why are you so happy? Let them share with you what they have felt and from there start to get them involved little by little. Now, we must have patience to sit with them and to listen to their questions. You need to be wise enough to know how to behave when the one who is questioning has infinite questions.
The Province Weekend of March 15-17 saw many miracles! Among those gifts are the applications of two young men to begin their formation as Salesians this coming August.

The first is a young man who is currently teaching at Mary, Help of Christians School in Laredo Texas. Alex Cavazos was able to come to De Sales Hall during the Spring Break for the school with a generous donation of San Luis Rey Parish in Laredo. Alex spent many days with the candidates and learned first hand about their experiences of classes and ministry. At the end of his visit, Alex made his application and will continue to work on the details as the days go by. He has even offered to help the Province in a summer ministry before he begins a Candidacy at the Parish in Laredo.

Another great gift comes through the support of Enrique Diaz who works with young adults for the Province and specifically helps in Catechesis at St. Dominic Savio. There Enrique met and worked with José Perilo and discovered that José has considered becoming a Salesian for some time. He, too, will begin a Candidacy away from De Sales by working with the Salesian Community at Bishop Mora Salesian High School in Los Angeles. José will continue his ministries in the summer with St. Dominic Savio and begin his Candidacy in August.

We are blessed by the generosity of these two young men and we must be grateful to the Salesian Sisters in Laredo, to Fr. Michael and Fr. Tom at San Luis Rey, and to Enrique Diaz for inviting and fostering these vocations.

Pray for Alex and José!

By Fr. John Roche, SDB
Vocations Director

We are blessed by the generosity of these two young men and we must be grateful to the Salesian Sisters in Laredo, to Fr. Michael and Fr. Tom at San Luis Rey, and to Enrique Diaz for inviting and fostering these vocations.

Pray for Alex and José!
YES, YOU ARE PERSONALLY INVITED!
TO SHARE A PILGRIMAGE OF THE WESTERN USA PROVINCE OF THE SALESIANS OF DON BOSCO

WHERE: FROM LA TO SAN FRANCISCO, THE CENTRAL COAST, & BACK
WHEN: MONDAY APRIL 22 THROUGH THURSDAY APRIL 25

We look forward to sharing these days with you to discover the history of the Province and the work of the Salesians here in the Western USA. And we are going to have FUN too! See the details which follow!
### Days of the Pilgrimage: Itinerary

- Leave from Bellflower on Monday, April 22 at 10:00 AM
- Arrive at **Saints Peter and Paul** by 6:00 PM
- Have supper in **North Beach District**

- Tuesday take the **Alcatraz Tour** between 11:30 AM to 1:30 PM
- Three hours for the tour.
- Go back to **Saints Peter and Paul for Church and Boys’ and Girls Club Tour**.
- Tuesday night in **North Beach**.
- We may try to go to **Don Bosco Hall in Berkeley** or other points in the East Bay.

- Wednesday morning trip to **Richmond**, California to meet with the Salesians and novices at **Salesian College Preparatory High School** for brunch and tour of Salesian and the **Salesian Cemetery**.

- Wednesday afternoon depart for **Camp St. Francis** in Aptos California.
- Lunch and or early supper on the way.
- Meet with staff at **St. Francis Salesian Preparatory High School** and tour the grounds.
- Relax at La Selva Beach and spend the night at Camp.

- Thursday morning, Visit the **Salesian Sisters in Corralitos, California**. Have Breakfast.
- Head back to LA for an early evening arrival.

- Each day we will meet various Salesians, learn the story of the Salesians in the Western USA, and spend time with young people in formation. We will take some time to reflect each evening and to share experiences.

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**DEADLINE:** We will need your payment for the Alcatraz Tour as soon as possible in order to reserve your ticket! Please send a check for $40 to De Sales Hall this week! Make out the check to the Salesians of Don Bosco and put in the memo “Salesian Pilgrimage”. You can bring the check to De Sales Hall 13856 Bellflower Blvd, Bellflower, CA 90706 or mail it right away in care of Fr. John Roche, SDB. All other moneys should be handled by each individual. See the list of expenses on the next sheet.
You will need:

Money for travel food:
- Monday Lunch $5 - $10
- Monday Supper (on the Salesians at Fisherman’s Wharf) $10-$15
- Tuesday Breakfast $10-$15
- Tuesday Lunch $10-$15
- Tuesday Supper (North Beach) $20-$25
- Wednesday Lunch $10-$15
- Wednesday Supper (on the Salesians in Aptos) $5-$10
- Thursday Breakfast $10-$15
- Thursday Lunch $10-$15
- Thursday Supper (on the Salesians at De Sales Hall)

Totals: Low end: $70
High end: $105

Money for Alcatraz Tour $40

Money for Personal Souvenirs As you wish

Toiletries
- shampoo
- shaving kit
- tooth paste
- tooth brush
- hair brush or comb

Sleeping Bag
- Pillow
- Blanket

Clothing
- Sweaters,
- Jackets,
- swimming trunks,
- pajamas
- exercise clothing

For minors under 18, you will need an attached Parent Permission Form completed with Medical Emergency Information.
To continue the publication of Chronic Cancer Pain Management by Christine Miaskowski, RN, PhD, FAAN this week, the topics include NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) and Opioid analgesics (such as morphine). NSAIDs are effective for the management of mild pain and have an opioid sparing effect for moderate to severe pain. They may be most useful in the treatment of cancer pain when the pain is associated with inflammation, for example, in a patient with pain from bone metastasis. However, the NSAIDs need to be used with caution in patients with cancer, particularly patients with thrombocytopenia, because of their effects on platelet aggregation.

**Opioid Analgesics**

Opioid analgesics are used in the management of moderate to severe cancer pain. Often, patients with cancer pain are started on a short-acting opioid (e.g., morphine, hydromorphone, oxycodone) that is administered every four hours, and the dose is titrated to achieve an optimal analgesic effect with tolerable side effects. Once the optimal dose is determined, patients are switched to a long-acting opioid (e.g., controlled release morphine, controlled release oxycodone, transdermal fentanyl) that can be administered on a regular schedule. These long-acting preparations provide steady state blood concentrations of the analgesic medication and periods of uninterrupted sleep. In patients with chronic cancer pain, the long-acting analgesic medication provides an effective approach for the management of persistent pain. Patients who report breakthrough pain will require a short-acting opioid analgesic for the management of this component of their chronic cancer pain.

**Breaking down some big words:**

- **Analgesics** = painkilling drug (e.g. Aspirin is an analgesics)
- **Thrombocytopenia** = a condition in which you have a low blood platelet count.
- **Platelets** = Platelets (thrombocytes) are colorless blood cells that help blood clot. Platelets stop bleeding by clumping and forming plugs in blood vessel injuries.
- **Platelet aggregation** = The clumping together of platelets in the blood. Platelet aggregation is part of the sequence of events leading to the formation of a thrombus (clot).

Your home work from the Care Ministry this week:

**Go through your medicine cabinet and see if you can identify the type of pain medication you have used.**

*The Care Ministry loves to hear from you*

*Write to kunlouis@gmail.com*
# Provincal Extraordinary Visitation

Province of St. Andrew | San Francisco, California
March 12th – May 11th, 2019

## Fr. Maria Arokiam Kanaga

### March

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<td>Travel to Los Angeles; Beginning of the Visitation of the community in Bellflower</td>
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<td>14-19</td>
<td>Bellflower Visitation to the one community, 3 missions.</td>
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<td>17</td>
<td>Sunday, Province Day, Bellflower. Afternoon to 5:30 pm Mass.</td>
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<td>18</td>
<td>Directors-Pastors Meeting, Bellflower. First Speaker: Fr. Arokiam</td>
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<td>Fr. Arokiam’s talk for Salesians, Lay Leaders</td>
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<td>Visit of Salesian High School community, Boyle Heights (Los Angeles)</td>
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### April

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<td>Fly to San Francisco</td>
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<td>Fly out to Laredo, Texas (San Luis Parish)</td>
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<td>13</td>
<td>Laredo, Texas and fly out to San Francisco</td>
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<td>14</td>
<td>Salesian College Preparatory, North and Novitiate Community (Novitiate Curatorium ), Begin Visitation</td>
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<td>Ss. Peter and Paul’s Parish, San Francisco, Easter</td>
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<td>27</td>
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<td>28</td>
<td>Corpus Christi Parish, San Francisco</td>
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<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 March | Arrival | Fr. Maria Arokiam meets with the Provincial Council (San Francisco) | Travel to Los Angeles; Beginning of the Visitation of the community in Bellflower | Bellflower Visitation to the one community, 3 missions. | Sunday, Province Day, Bellflower. Afternoon to 5:30 pm Mass. | Directors-Pastors Meeting, Bellflower. First Speaker: Fr. Arokiam | Fr. Arokiam’s talk for Salesians, Lay Leaders | Close and conclusion of the visit in Bellflower | Visit of Salesian High School community, Boyle Heights (Los Angeles) | Salesian High School | Religious Education Congress, Anaheim | St. Mary’s Parish, Boyle Heights | St. Mary’s Parish, Boyle Heights/St. Bridget’s Chinese Parish | Salesian High, Boyle Heights, Conclusion of the Visit | Don Bosco Tech and Rosemead community | Don Bosco Tech | Don Bosco Tech | Don Bosco Tech | St. Joseph’s Youth Renewal Center, Rosemead | St. Joseph’s Youth Renewal Center, Rosemead | April | Don Bosco Tech, Conclusion of the Visitation | Fly to San Francisco | Travel to Watsonville | St. Francis Community, Watsonville | St. Francis Community, Watsonville | St. Francis Community/Parish of Our Lady Help of Christians | St. Francis Community/Parish of Our Lady Help of Christians | Free | Free | Fly out to Laredo, Texas (San Luis Parish) | Laredo, Texas | Laredo, Texas | Laredo, Texas and fly out to San Francisco | Salesian College Preparatory, North and Novitiate Community (Novitiate Curatorium ), Begin Visitation | Salesian College Preparatory, North and Novitiate Community | Salesian College Preparatory, North and Novitiate Community | Conclusion of Visitation | Ss. Peter and Paul’s Parish, San Francisco | Ss. Peter and Paul’s Parish, San Francisco | Ss. Peter and Paul’s Parish, San Francisco, Easter | Retreat at Three Rivers | Provincial House and begin visitation of Corpus Christi Parish, San Francisco | Corpus Christi Parish, San Francisco | Corpus Christi Parish, San Francisco. Begin visitation of Don Bosco Hall, Berkeley | Don Bosco Hall, Berkeley |
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.
WORLD GRATITUDE DAY 2019

Thank You Mother Yvonne

Join us for World Gratitude Day with Mother Yvonne Reungoat, Superior General of the Salesian Sisters of St. John Bosco.

Thursday, April 25

6pm  Evening Prayer & Celebration at St. Mary's
     416 South St. Louis Street, Los Angeles, CA 90033

Friday, April 26

2:30pm Eucharistic Celebration with
     Archbishop Gomez at St. Dominic Savio
     9750 Foster Rd, Bellflower, CA 90706

7pm   Evening Prayer & Celebration at
     St. Thomas the Apostle
     2727 W. Pico Blvd., Los Angeles, CA 90006

https://www.salesiansisterswest.org
Bailando por VENEZUELA

SUNDAY, APRIL 7th
9:30-11:00 am

Non perishable food items, medicines and personal hygiene donations encouraged

hosted by: Salesian Boys and Girls Club
2228 4th St
Los Angeles CA 90033

$20 Donation

PRESENTADO POR: PANY BENITEZ
Los Angeles Religious Education Congress

Salesian Family of Don Bosco

Accompanying Youth to Holiness

Come Visit Us
Booth # 543,545,547
www.donboscowest.org
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