that is an expression of it,” the pope said. “Your vocation is something more: It is a path guiding your many efforts and actions toward service to others.” Finding one’s vocation “has nothing to do with inventing ourselves or creating ourselves out of nothing. It has to do with finding our true selves in the light of God and letting our lives flourish and bear fruit.”

God’s personalized gift of a vocation “will bring you more joy and excitement than anything else in this world. Not because that gift will be rare or extraordinary, but because it will perfectly fit you,” Francis wrote. “It will be a perfect fit for your entire life.”

Following a vocation, he said, “is a very personal decision that others cannot make for us,” which is why it requires “solitude and silence,” as well as serious discussions with friends and wise guides. Francis offered basic questions each person should ask him- or herself: “Do I know what brings joy or sorrow to my heart? What are my strengths and weaknesses?”

But since a vocation isn’t about serving oneself, he said, those questions lead to others: “How can I serve people better and prove most helpful to our world and to the Church? What is my real place in this world? What can I offer to society?” And, then, he said, one must ask: “Do I have the abilities needed to offer this kind of service? Could I develop those abilities?”

Much of the document is a summary of the discussion at the 2018 synod and a pre-synod meeting of young adults about ways to improve youth and young adult ministry and create more space in the Church for the contributions of young people. But the most original part of the 35,000-word document is its explanation of what a vocation is - strongly moving away from seeing vocation only as a reference to priesthood or religious life - and practical ways for a person to discern his or her vocation.

The document, his apostolic exhortation reflecting on the Synod of Bishops on young people, the faith and vocational discernment, was released at the Vatican April 2.
That sense of adventure, even as a person ages and slows down, is what keeps them young at heart, he said. “When I began my ministry as pope, the Lord broadened my horizons and granted me renewed youth. The same thing can happen to a couple married for many years, or to a monk in his monastery. There are things we need to ‘let go of’ as the years pass, but growth in maturity can coexist with a fire constantly rekindled, with a heart ever young.”

Most young people will discover their vocation is to marry and form a family, he said, and that requires preparation to grow in self-knowledge and in virtue, “particularly love, patience, openness to dialogue and helping others.” “It also involves maturing in your own sexuality, so that it can become less and less a means of using others, and increasingly a capacity to entrust yourself fully to another person in an exclusive and generous way,” the Pope wrote.

And while most young people will marry, he said, Catholics must believe that God continues to call men to the priesthood and men and women to religious life. “The Lord cannot fail in his promise to provide the Church with shepherds, for without them she would not be able to live and carry out her mission,” he said. And “if it is true that some priests do not give good witness, that does not mean that the Lord stops calling. On the contrary, he doubles the stakes, for he never ceases to care for his beloved church.”

The key qualification for helping someone in their vocational discernment is an ability to listen, the pope said. The helper may be a priest, religious, layperson or even another young person.

“The other person must sense that I am listening unconditionally, without being offended or shocked, tired or bored,” he said. And while listening, “I need to ask myself what is it that the other person is trying to tell me, what they want me to realize is happening in their lives.” Assistance also means having such respect for the work God is doing in the life of the other, that the guide would never dare to try to dictate the way forward, he said. “In the end, good discernment is a path of freedom that brings to full fruit what is unique in each person, something so personal that only God knows it. Others cannot fully understand or predict from the outside how it will develop.”
This past weekend our SYLC Spirit Team, adults and youth, gathered for their second retreat in preparation for SYLC 2019. It was a weekend full of learning and evangelization! Here are some highlights!

**SYLC Spirit Team Retreat**

Our novices joined us and help facilitate some of the activities.

Morning Prayer put together by Fr. Joe Nguyen, SDB Novice Master.

Dinner time!

Free time
Presentation by Bro. Al Vu, SDB

Mass by Fr. Mel Trinidad, SDB

Always smiling :D

Called to Proclaim talk by former SYLCer and Spirit Team member Dianna Rodriguez

Goodnight by Mr. Andres Neria, Delegate for Social Communication

Called to Transform talk by former SYLCer Yadira Carrera
Congratulations to @triberobotics - FRC 4123, who made it to the quarterfinals at last weekend's Aerospace Valley Regionals in Lancaster, CA. The competition is sponsored by FIRST (For Inspiration and Recognition of Science and Technology) and this season’s challenge is called “Destination: Deep Space” presented by Boeing. The team was able to place in the top 10 through all of Friday’s events and ended up in the top 50% before being selected into the quarterfinals on Saturday. This is second time the team has been selected into the quarterfinals since 2012 and first in taking the team on the road as well as attending 2 competitions this season. Their participation is thanks to generous grants from NASA, Boeing, Pelican Products, Milwaukee Tools, and CarpetOne El Segundo.

Thanks also to our amazing mentors: Engineering Pathway Coordinator Walt Wippler ’83, Mary Erigero (mom of Daniel Erigero ’16), and Bosco alumni Adrian Campos ’08, Diego Castaneda ’16, and Alex Sandstrom ’11. Congratulations, Braves!
Neuropathic Pain
Definition and Causes

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

From Ms. Christine Miaskowski, N, PhD, FAAN’s article on neuropathic pain, we continue to understand the nature of neuropathic pain this week. Sheila’s note: there are a few technical terms that are difficult to understand. We break down these terms into more lay person language for us to understand the exact meaning of those big words).

Neuropathic pain usually occurs 6-8 weeks following surgery. Radiation therapy can produce neuropathic pain following radiation to the brachial or lumbosacral plexuses (The brachial plexus is a network of peripheral nerves formed by the ventral rami (also referred to as “roots”) of C5 through T1. The sacral plexus is formed from the ventral rami of L4/L5 (lumbosacral trunk) and S1 to S4.) In addition, a chronic radiation-induced myelopathy (any pathological condition of the spinal cord) can be a late complication of spinal cord irradiation.

Characteristics of Neuropathic Pain

Patients with neuropathic pain will describe the pain as a continuous burning sensation that may be associated with intermittent shooting or lancinating (piercing or stabbing sensations) pain. In addition, patients may report electric shock-like pain. Paresthesias and dysesthesias are associated with neuropathic pain. Paresthesias are abnormal sensations of warmth, coldness, numbness, and/or tingling that are felt at the site of the pain and are not unpleasant. In contrast, dysesthesias are abnormal sensations that are perceived as unpleasant. Two common physical examination findings associated with neuropathic pain are hyperalgesia and allodynia. Hyperalgesia is an increased response to a stimulus that is normally painful. Allodynia is pain due to a stimulus that normally is not painful.

Patients with neuropathic pain may present with numerous symptoms that reflect the multiple mechanisms underlying neuropathic pain. Hence the assessment includes its intensity, degree of unpleasantness, specific pain qualities, and time sequence of the pain. If a neuropathic pain scale is used, it would record the intensity, sharpness, dullness, temperature (hot or cold), and sensitivity.

Your home work assignment from the Care Ministry this week:

Know these words: visceral, somatic and neuropathic.

We love to here from you: kunlouis@gmail.com
MARCH
11 Arrival
12 Fr. Maria Arokiam meets with the Provincial Council (San Francisco)
13 Travel to Los Angeles; Beginning of the Visititation of the community in Bellflower
14-19 Bellflower Visititation to the one community, 3 missions.
17 Sunday, Province Day, Bellflower. Afternoon to 5:30 pm Mass.
18 Directors-Pastors Meeting, Bellflower.
Fr. Arokiam’s talk for Salesians, Lay Leaders
19 Close and conclusion of the visit in Bellflower
20 Visit of Salesian High School community, Boyle Heights (Los Angeles)
21 Salesian High School
22 Religious Education Congress, Anaheim
23 St. Mary’s Parish, Boyle Heights
24 St. Mary’s Parish, Boyle Heights/St. Bridget’s Chinese Parish
25 Salesian High, Boyle Heights, Conclusion of the Visit
26 Don Bosco Tech and Rosemead community
27 Don Bosco Tech
28 Don Bosco Tech
29 Don Bosco Tech
30 St. Joseph’s Youth Renewal Center, Rosemead
31 St. Joseph’s Youth Renewal Center, Rosemead

APRIL
1 Don Bosco Tech, Conclusion of the Visititation
2 Fly to San Francisco
3 Travel to Watsonville
4 St. Francis Community, Watsonville
5 St. Francis Community, Watsonville
6 St. Francis Community/Parish of Our Lady Help of Christians
7 St. Francis Community/Parish of Our Lady Help of Christians
8 Free
9 Free
10 Fly out to Laredo, Texas (San Luis Parish)
11 Laredo, Texas
12 Laredo, Texas
13 Laredo, Texas and fly out to San Francisco
14 Salesian College Preparatory, North and Novitiate Community (Novitiate Curatorium), Begin Visititation
15 Salesian College Preparatory, North and Novitiate Community
16 Salesian College Preparatory, North and Novitiate Community
17 Conclusion of Visititation
18 Ss. Peter and Paul’s Parish, San Francisco
19 Ss. Peter and Paul’s Parish, San Francisco
20 Ss. Peter and Paul’s Parish, San Francisco, Easter
22-26 Retreat at Three Rivers
27 Provincial House and begin visitation of Corpus Christi Parish, San Francisco
28 Corpus Christi Parish, San Francisco
29 Corpus Christi Parish, San Francisco. Begin visitation of Don Bosco Hall, Berkeley
30 Don Bosco Hall, Berkeley
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)
Join us for World Gratitude Day with Mother Yvonne Reunioxide, 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
3pm  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

Salesian Sisters West
World Gratitude Day 2019 USA
www.salesiansisterswest.org
In every young person, a point of goodness is accessible.

Los Angeles Religious Education Congress

It is the 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