Dear Salesian sisters and brothers,

Our Western Province of St. Andrew is preparing for our Provincial Chapter which will take place from Sunday, June 16 to Friday, June 21, 2019. This Chapter will take place at Three Rivers where we usually host one of our two retreats. This provincial chapter is in preparation for the General Chapter which will take place next year 2020 in Turin, Italy. All the Provincials and their delegates will attend.

The theme for this upcoming Chapter, given to us by the Rector Major and his Council, is:

WHAT KIND OF SALESIANS FOR THE YOUTH OF TODAY?

Many of you have already been working hard, for many months, in preparation for this chapter. The Chapter theme is divided into three parts:

A) Priority of the Salesian mission among today’s young people.

B) Profile of the Salesian for the youth of today

C) Together with lay people in the mission and in formation

The Rector Major and his council are asking the Congregation to reflect more deeply in order to “undertake a discernment process to see whether our houses, our works and our activities are at the service of the poorest young people, whether they find a place in our hearts and are the centre of our concerns and interests; whether we are concentrating our energy and our efforts on them.” (Letter of Angel Fernandez Artimo convoking the 28th General Chapter). If our mission to the young is a priority today we should open our eyes and become more sensitive to the needs of teenagers and young people who belong to a digital world, a world which is still alien to many of us Salesians. We need to undertake this journey together as a Salesian Family learning from one another. How do we respond to the young today and how do we form and prepare ourselves to have something significant to say and to give to the young? What do we offer them? How do we become men and women of God and harmonize nature and grace as beautifully as Don Bosco did in his own life. How do we enkindle the same passion of the “da mini animas certera tolle” (Give me souls, take away the rest) of Don Bosco. How can we cultivate within ourselves the same flexibility, creativity, educative passion, his dynamism and clarity of vision to keep us faithful to the mission. In our Salesian spirit, love is the means and the fundamental method of our ministry as Salesians: untiring affability and friendliness, a welcoming attitude, optimism and joy, the family spirit, appreciation shown toward everyone, taking the first step toward the young and the stranger. For us this way of being is our trademark and hallmark, our name for charity.

Please keep us in prayer this coming week, as SDBs, FMAs, lay collaborators and members of the Salesian Family gather to discern, dialogue and plan for the next three years. May God’s grace and the intercession of Mary Help of Christians help us really want to live out this vision and this Salesian methodology. And, a very special THANK YOU to Fr. John Itzaina for his leadership as Chapter moderator and his dedication in preparing for this important event.
We pray for the sick and suffering in our province, that they will be restored to full health.

Bless those who have grown old in your service and give them courage and strength in their faith.

Be with us as we discern our life’s work and guide us in the way we are called to follow in the footsteps of your Son.

We ask you this, that in everyone and in everything glory, adoration and love may be given to the Most High Lord of all things, who is Father, Son and Holy Spirit. Amen.

Fr. Mel Trinidad presented two awards (The Good Shepherd award) to two people who have given so much of themselves and their service to the accompaniment and ministry to the young. The two recipients were: Mikey Vera and Mrs. Marylou Flannery. Mikey has worked for many years with SYLC and in parish ministry and as chair of the parish council at St. Dominick Savio Church, Bellflower. Marylou has worked at Salesian College Preparatory in Richmond for many years and recently as principal of the school. Congratulations to both of them and we, as a Salesian Province, thank you for your service and generous Salesian ministry to the young. May God continue to bless your work and strengthen you on the journey.

During the end of the month of June (27-30), around fifteen people (SDBs and Cooperators) will join another similar number of Salesians and Cooperators from the Eastern Provinces at Stony Point for a weekend of formation. Fr. Tom Dunne and Sr. Denise Sickinger, along with a team, are organizing and hosting the event. Please pray for us as we gather at Stony Point for this important moment of formation and sharing.

May your summer be restful and enriching wherever you may be or do. Let us keep each other in prayer.

With warm regards and gratitude,
Every morning begins with Lectio Divina... and is lead by a youth spirit team member.

Night prayer... Youth holiness yesterday and today: be saints!

Every morning begins with Lectio Divina... and is lead by a youth spirit team member.
SPECIAL GUEST FR. TOM BRENNAN, SDB SHARING THE SALESIAN SPIRIT WITH THE PARTICIPANTS

BBQ AND GAMES AT ST. FRANCIS HIGH SCHOOL

FR. TOM BRENNAN, SDB SESSION: ANIMATING JUSTICE

EMMAUS BANQUET LARGE GROUP ACTIVITY

PARTICIPANTS AT ONE OF THE SALESIAN 101 STATIONS
As we are paying more attention to the increase in incidences of obesity and diabetes, we often focus on what we should eat, namely, how much “sugar and carbohydrates” is not considered excessive. I thought we might want to understand the many faces of sugar and how that relates to carbohydrates in the upcoming weeks.

*Scientifically, sugar loosely refers to a number of carbohydrates; “simple sugars,” the most important being glucose and complex sugars. Complex sugars contain three or more units of sugar. As sugar is a carbohydrate, complex sugars are often referred to as complex carbohydrates, although this term encompasses other items including starches. This week, we will examine only the simple and complex sugars. Fructose, galactose, and glucose are all simple sugars.

Fructose, or fruit sugar, occurs naturally in fruits, some root vegetables, cane sugar and honey and is the sweetest of the sugars. It is one of the components of sucrose or table sugar. It is used as a high-fructose syrup, which is manufactured from hydrolyzed corn starch that has been processed to yield corn syrup, with enzymes then added to convert part of the glucose into fructose.

• Galactose generally does not occur in the free state but is a form of lactose or milk sugar. It is less sweet than glucose.

• Glucose, or grape sugar, occurs naturally in fruits and plant juices. Most ingested carbohydrates are converted into glucose during digestion and it is the form of sugar that is transported around the bodies of animals in the bloodstream. Glucose syrup is a liquid form of glucose that is widely used in the manufacture of foodstuffs. It can be manufactured from starch.

• Sucrose is found in the stems of sugarcane and roots of sugar beet. It also occurs naturally alongside fructose and glucose in other plants, in particular fruits and some roots such as carrots. The different proportions of sugars found in these foods determines the range of sweetness experienced when eating them.

Sheila’s note: the take home lesson is that when you read the food label, pay attention to the ingredients that end with “ose” – as listed above, they might be a type of sugar. And sugar is a form of carbohydrate.

* Above source is from En.Wikipedia.

Your homework assignment from the Care Ministry this week:

Read 2-3 food labels and familiarize yourself with the amount and types of sugar in your food product.

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