corruption, sensitivity to the world of migration, to creation and the “common home” that has been given to us, in the commitment to protect the defenceless, those who have no say, and who are discarded.

I wonder: if we can’t educate to these values, what are we getting? And what evangelization in the name of Jesus are we carrying out?

Therefore, this educative commitment is today an expression of the word of Jesus: “Thy will be done, on earth as it is in heaven”[1]. This is and will continue to be Don Bosco’s true “policy of the Our Father”.

To read the entire presentation visit: www.salesianbulletin.org/2019/08/06/strenna-2020-presentation-of-the-theme/

Presentation of the Strenna 2020

Note: While I was presenting the commentary to the Strenna 2019 in Turin Valdocco to the Salesian Family, some were already asking for the draft of the Strenna 2020, so that they could have it for the beginning of the educative pastoral year in some parts of the world.

I do this with joy, while insisting that this is only an outline, a draft with the essential points that I will develop when I prepare a meditated, interiorized, and calm reflection, one that is, as far as possible, profound and understandable at the same time.

I would like the Strenna to continue to help us to have a central thread in the pastoral guidance of the New Year in every part of the world. I bless you all.

After the meeting of the World Council of the Salesian Family in Turin in May, I decided to propose for the Strenna of 2020 a theme that, in the form of a pair, embodies the essence of our Salesian education. We received it from Don Bosco himself: to help our boys, girls and young people to be “good Christians and honest citizens”. We need to deepen more and more our identity as evangelizers and educators of the faith.

There is a growing fragility, and sometimes inability, in being apostles and missionaries of the youth. And at the same time there is the risk of not educating our young people to a strong sense of citizenship, social justice and evangelical values that lead to interiorize, as a life program, service to others, commitment to public life, personal honesty and “allergy” to all types of
The SDB Annual Retreat was held last week in San Juan Bautista. During the retreat Br. Quang and Br. Damien renewed their vows. We congratulate both of them as they continue serving our young people!
Fr. Dave O’Malley was this year’s presider for the retreat. Fr. Dave is currently the Coordinator of Education in England.
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The Mass for Fr. Lucian Lomello was held at St. Mary’s Parish in Los Angeles on Monday August 5th. May he rest in peace.
It has been a very exciting and blessed week at the Provincial House! On Sunday, three Sisters - Sr. Melissa Benitez, Sr. Quynh Pham, and Sr. Monica Wheeler - renewed their vows, and on Monday, Sr. Sydney Moss professed her perpetual vows as a Daughter of Mary Help of Christians! We thank them for their yes and pray more women may follow in their footsteps!
Sr. Quynh Pham

Sr. Melissa Benitez

Sr. Monica Wheeler (right)

Sr. Sydney Moss

Fr. Pascual Chavez celebrated Mass along with Fr. Ted
This summer the Salesian Volunteer Department was busy working with the volunteers. Please see pictures of what we have been doing.

**Volunteers at the Salesian Family Youth Center.**

Six volunteers from Spain and one from Los Angeles served at the Salesian Family Youth Center this summer. This picture shows the commissioning Mass celebrated at St. Mary’s Church in LA.

**Participation at the Provincial Chapter**

As Mission Animation Delegate, I participated at the provincial chapter with the intention of supporting the Provincial Pastoral Plan. Looking forward to the future!

**Short Mission Trip to Tijuana**

This summer we accompanied our Candidate Chris. We visited him once in Tijuana to see how he was doing and how we could support him as a province.

**Visit Spaniards Volunteers in San Francisco**

This summer we also had 6 volunteers from Comillas University serving at our Corpus Christi Camp.
More exciting news!

The Inter-America team meeting

The team is meeting monthly to find new ways to animate the Option for the Poor movement in the Region. In our Province our Clubs are consider part of this movement.

Students from Notre Dame High School support our Salesian Mission in Tijuana

Mariah Diaz and Jordan McGlinchey seniors at Notre Dame High School came together to help our Salesian Missions in Tijuana. They bought soccer supplies for all five oratories. This project came alive when our alumna, Thea Fiatarone from Richmond motivated these students to do this project.

Thank you so much Mariah, Jordan and Thea.

We also accompanied Eddie De Leon who was assigned to serve at Savio as part of his formation process and we are getting ready to welcome Margarite our full time volunteer for next year.
City of Saints 2019

By Marisol Beccera & Andres Neria
Office Support Assistant & Delegate for Social Communication

The City of Saints teen conference offered an authentic and realistic perspective on how to live out our catholic faith. The speakers provided hope and encouragement to the reality that we are all necessary members of the church. They all emphasized that by praying and taking part in the sacraments on a regular basis, we can achieve holiness in the ordinary of our daily lives. This conference was also a reminder to the teens and all adults present that, “A saint is a sinner who keeps trying,” (St. Josemaria Escriva) and that we shall never give up, because God has never given up on us.

As Salesian Family we animated two booths this year. One booth was to sell resources, that included; Shirts, stickers, water bottles, caps, and a variety of accessories. The second booth was an interactive mural painting of Mary Help of Christians. Participants got to the chance to come and paint a square, or more, to complete the painting. Only half would be completed on purpose because the second half will be completed at Rock Out Youth Poverty, happening next year. Many of the participants enjoyed this activity and are considering doing something like this with their youth group, some are interested in attending Rock Out Youth Poverty just to see the finished mural.

Overall it was a successful weekend, interacting with participants, hearing confession, thanks to our Vocation director Fr. John Roche, SDB, and being present among the young. We look forward to next year City of Saints!

Check out below our newest merchandise!
Candidate TJ Summer Experience

By Christopher Greene
Candidate

August is here, and with it, the often-dreaded countdown to end-of-summer begins. For most of the volunteers here in Tijuana, our time of ministry is coming to a close. Many have left to emotional goodbyes after a month or even a year of service and several of those remaining will leave within the next week or so. In fact, this will be the last newsletter update I send home for the summer.

The volunteers here have taught me so much by their words, and so much more by their example of service. I have seen so many hours beyond your typical 40-hour work week selflessly committed to the benefit of others, even to the point of losing personal free time. I’ve seen community and family displayed beyond what I’ve experienced, willingness (and preparedness) to jump into just about any situation with a willing heart, and the inexhaustible joy of the Gospel in action, drawing people—often complete strangers—into the family life of the church, regardless of their religion or background. In desayunador, for example, the volunteers managed to win the trust of the group of life-hardened guys living there and foster a thriving community life. At first, I’ll admit, some of the guys, with their tattoos and street talk were a little intimidating, but now I see them as I would anyone else, despite a few rough edges. The volunteer work done in this city is remarkable and I will be forever grateful to these people for the lessons they’ve given me. I pray that all those they have touched in their time here will continue to be blessed by their gift long after they leave.

As my time becomes short in these last days of missionary service, I’m beginning to look back on the progress made since my first work in June. I’ve been told that if I really wish to help the guys in Desayunador, I must first gain their trust, a dauntingly large task it seemed. However, despite the language barrier, I can see how my relationships with these folks have grown in the past two months. I have learned the backstories and aspirations of many, along with their joys and sorrows. These guys have had hard lives, many living illegally in the States for many years, others getting involved in gangs and spending considerable time in the prison system, while others spent most of their lives on the streets. Most, though not all, want to enter the states to get a job, often then send money back to their needy families. The process is long and uncertain, leaving them in a state of uncertainty as they wait months for official decisions and results. In addition is the burden of being separated for long periods of time from everything they know and those they love most. Like any of us, they miss their parents, siblings, and children and are eager to see them again soon. Nevertheless, I have also been witness to joys and triumphs, as one guy learns of long-lost family in the area and spends a day with them, another passes one more step of the immigration process, and yet another scores a good job at a local supermarket. Every single one of them has a story, has hopes and dreams, and I am thankful to be deemed worthy to share in them.

Then there are the kids of VAFEJE and Oratorio at Desayunador. I know I’ll miss their broad smiles, big hugs, great excitement, and, yes, even their seemingly limitless stores of energy. There has been good moments and bad, lively games and the inevitable torpor, accidents and pleasant surprises, relationships built and tear-making goodbyes. I hope that our work in summer camp and now in Oratorio is making an impact on their lives, in particular, drawing them and all those around closer to Christ through our
games, prayer, workshops, and catechesis. It has been a joy serving them.

Aside from these core things, I have grown in my understanding of another culture. I have learned about everything from food to the functioning of the transportation system. I have come to understand more deeply through experience how community and family centered the people are here, and how important that is to our life as Christians. The culture here is so very different from anything we have in the States, yet, at its core, is so very much the same. I have seen how different the people, places, and the Church can be, yet, more importantly, how similar we are as one human family. Whether rich in a mansion in Beverly Hills or dirt poor on the streets of Tijuana, well educated or not, whether on one side of the border or the other, people are the same. We are all children of the same God living on the same Earth he created. There is most certainly more that unites us in our common goal of salvation than differences that divide us and, while we may be divided physically, we are united in the Body of Christ.

As I conclude my time serving in Tijuana and prepare to return to Los Angeles for the beginning of the Salesian Prenovitiate, I continue to entrust myself to your prayers, that I may process well all that has occurred here for the good of my personal growth, my discernment, and the benefit of all those I will serve in the future, wherever God calls me. Wishing you all the best as you prepare for the upcoming academic year and praying that, on this memorial of the dedication of the first Western church in Mary’s honor, our great benefactor in heaven may help us all to see more clearly the will of her divine Son.
Our Lady Help of Christians Youth Group at the Watsonville Strawberry festival

Fr. Joseph Paradyil enjoying some strawberries
Every year, a camper will begin doing Camp Savio for the first time, and for many, it will be the first of many summers that they come to enjoy their summer. Campers spend many summers at Camp Savio because of all the great and fun experiences it provides for them, and because of the friendships they make here. Seeing the fun games, activities, and field trips that the campers get to go on, and all the friends they make, I definitely would have begged my parents to keep signing me up to continue coming back each summer. While I never had these experiences, many campers this year are going to be able to have more of these for many summers to come.

Some of these campers enjoy camp so much that they even go on to become counselors, like the Boys grade counselor Albert Serrano. Albert has been going to Camp Savio as a camper since he was young and continued to go for many years, every summer. Albert said that his favorite part of going to Camp Savio was seeing his friends every day and being able to hang out with them all summer. He did enjoy all the games and field trips that Camp Savio did, but it was the fun he had with his friends that made him truly fall in love with Camp. Not only the fun he had but the fun that he saw his counselors having volunteered with the campers, which he said was his inspiration for continuing doing camp as a Counselor.

In a time where it is very easy for kids to spend their summers at home on their phones, playing video games, and watching YouTube videos, it is great to see that kids are excited to come to Camp Savio, and spend their days as campers with their friends. The things I notice most at Camp Savio among the campers is the smiles on their faces when they are with their grades, laughing and hanging out with their friends. Overall, that is what keeps bringing kids back to Camp Savio, the friendships they form, because while the field trips and fantastically fun for kids, without their friends there, they would not be nearly as memorable. The bonds and friendships formed are what keep campers wanting to come back to Camp Savio and spend their summers there.
Summer has become the moment where Salesians serve a great number of at-risk youth in Los Angeles Area. This year between Camp Savio in Bellflower and Camp Salesian in Boyle Heights around 850 children were served. Both these camps provided a safe environment where children experienced life away from their electronic gadgets while developing their emotional, intellectual and spiritual lives.

The miracle in these two camp sites is that teenagers are the main animators of the whole experience. Between Camp Savio and Camp Salesian, approximately 260 teenagers sacrificed their summer to accompany and entertain campers. These teenagers started their training in March 2019; they met weekly and studied ways on how to serve the children in their respective communities. Among the topics they studied were child psychology, presence vs accompaniment, how to discipline a child, the differences between consequences and punishments, the preventive system, the oratory model and more!

With all this formation, the teenagers were now ready to welcome the campers. Camp Salesian served the youth for 6 weeks, while Camp Savio served local young people for 4 weeks. In addition the children spent another two weeks in a summer bridge program at Camp Salesian. This year a total of 8 weeks were dedicated to the children in LA.

Another important facet about Camp Salesian was the calibre of the seven summer volunteers. Six of them from Spain as part of an alliance that the Salesian Volunteer program has with the University of Comillas. The other volunteer came from the local area. All of them served the children of Boyle Heights.

Allow me to share with you some of the beautiful pictures from our the summer programs.
Two weeks ago we began the conversation on sugar and fruit, abstracting from the article “If sugar is so bad for us, why is the sugar in fruit OK? The source is from the “The Conversation” March 7, 2018 posting, authored by Ms. Kacie Dickinson, an accredited practicing dietitian; lecturer in Nutrition and Dietetics, Finders University and Ms. Jodi Bernstein, PhD Candidate in Nutritional Sciences, University of Toronto. We were shown the difference between the sugar content from free sugar and fruit. Hence, it feels safe to eat fruit liberally. Yes, Ms. Dickinson and Bernstein continue their conversation as below;

We need to eat fruit

Unlike many foods that are high in free sugars, fruits are packaged with lots of nutrients that help provide us with a balanced diet for good health. For starters, fruit is an excellent source of fiber. An average banana will provide 20-25% (6g) of your recommended daily fiber intake. Getting enough fiber in the diet is important for protecting against bowel cancer. There is clear room for improvement in our fiber intake – adults in many countries consume only about half of the recommended amount each day (25g for Aussie women and 30g for Aussie men).

The fiber in fruit, which is often absent in many foods and drinks with free sugars, may also help to fill you up, which means you eat less overall at a meal. It's not clear exactly why this is, but it could be related to the volume of the food (especially compared with liquids) and the chewing involved.
Fruit is also a good source of other nutrients such as potassium, which can help lower blood pressure, and flavonoids, which may reduce your risk of heart disease.

There is evidence that eating whole fruits (alone and in combination with vegetables) reduces your chances of dying from cancer, obesity and heart disease.

Despite this, only about 50% of Australians eat at least two pieces of fruit per day.

Most national dietary guidelines encourage eating fruits and vegetables, with an emphasis on the vegetables. To try and eat your recommended two pieces of fruit per day remember that a piece could be a banana, apple or orange, or two smaller fruits like plums or apricots, or a cup of grapes or berries.

When it comes to other sources of sugars, try to choose foods that have little or no sugar listed in the ingredient list, and drink water instead of sugary beverages when you are thirsty.

Sheila’s note: I have a personal experience with one of my cousins when it comes to fruit and sugar. He (I am not going to name him) thought that apple juice and orange juice are very healthy products because they are “apples and oranges”. He buys these juices from the market every week. When I pointed out that he was drinking sugar water, he was totally shocked. Therefore, we should not be fooled by the “fruit label” and think that any product with the name of a fruit is healthy.

Your homework assignment from the Care Ministry this week:

Identify the possible sources of free sugar in your food/drink.

The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com
With praise and thanksgiving to Almighty God

THE ARCHDIOCESE OF LOS ANGELES
joyfully announces and cordially invites you to

THE DIACONATE ORDINATIONS

OF

MR. FILIBERTO CORTEZ
MR. DANIEL GARCÍA CASTRO
MR. MICHAEL SAMUEL MESA
MR. JONATHAN DAVID NESTICO
MR. JUSTIN JOONSUH OH
MR. THOMAS PARK

MR. LOUIE GIRARD ISON REYES

through the imposition of hands
and the invocation of the Holy Spirit

by His Excellency,

THE MOST REVEREND MARC V. TRUDEAU, D.D, V.G.,
Auxiliary Bishop of Los Angeles
San Pedro Pastoral Region

on Saturday, August 10, 2019
The celebration will begin at 9:00 AM at

CATHEDRAL OF OUR LADY OF THE ANGELS
555 West Temple Street
Los Angeles, CA 90012

Tickets are not required
The Salesians of Don Bosco of the Province of Saint Andrew invite you to share in the Solemnity of the Assumption of the Blessed Virgin Mary and to witness the First Religious Profession of LEONEL ADRIAN IMBERT KRIS NGHIEM TRAN on Thursday, the fifteenth day of August, in the year of our Lord two thousand nineteen at five o'clock in the evening at Saint Dominic Savio Church, 13400 Bellflower Blvd., Bellflower, California.

RECEPTION TO FOLLOW at St. John Bosco High School Multipurpose Room.
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