Dear Salesian Sisters and Brothers,

Last Thursday, August 15th, the feast of the Assumption of the Blessed Virgin Mother into heaven, the Western Province of St. Andrew had the blessing of witnessing the first professions of two of our brothers: Leo Imbert and Kris Tran. We wish to congratulate them and promise them our prayers. We wish to thank their parents for the love and encouragement given to our two new brothers in their decision to embrace our Salesian way of life as consecrated men. The Province also thanks the formation team at our novitiate in Richmond, especially, Fr. Joe Nguyen and Fr. John Puntino. We are grateful for their accompaniment and walking with the novices during the Novitiate year. And, we pray for our two new novices: John Castonguay and Kevin White, who are beginning their Novitiate year.

The Mass of Profession took place at St. Dominic Savio Parish at 5pm followed by a simple but festive reception at St. John Bosco High School. The ceremony took around and hour and a half and all commented on the beauty of the service. We were happy to have some young people present and some representation from places where Leo and Kris had previously worked and ministered. After a few days with family, both Leo and Kris will head out to Orange, New Jersey for their post-novitiate studies.

On August 15th, during the day, the Provincial Council met with the delegates and coordinators of the province. We met from 9:30 am to 3:30 pm. This meeting was mandated by the provincial chapter to improve the communication and implementation of our Organic Plan. The Organic Plan, with its six priorities: To grow in the witness of apostolic consecration in fraternal communities; To seek out, call forth and accompany new vocations to the Salesian religious life; To identify and form religious and lay personnel for the Salesian mission; To develop a planning mentality in all aspects of our apostolic and consecrated life; To respond prophetically in all our presences to the economically poor with a special focus on the undocumented; To develop the means to seek financial sustainability in order to support province works, especially to reach poor and disadvantaged youth, was the focus of the day. After reviewing the plan together, we discerned that we should focus on one priority and strategy for the coming year. The group chose priority 2: To seek out, call forth and accompany new vocations to the Salesian religious life, strategy 1: By rediscovering the joy of accompanying young people and finding out God's plan for them; line of action 1: Foster among the Salesian Family a strong sense of belonging in order to witness to the value of living and working together. The sense of belonging is something that young people seek and we felt that it is an important value to foster in the province with the entire Salesian Family. And, if we succeed to foster this spirit of belonging among all, this alone can be a powerful witness which will also attract vocations to the Salesian life, in whatever capacity that might be and help us all persevere.

I often find that when young people (and, really all of us) feel the sense of family, of belonging, that can create a magnet which causes people to want to gather and return to our Salesian houses. This is part of what we call the Spirit of the Salesian Family so dear to Don Bosco and to us Salesians. It is sad when it is lost. Don Bosco’s letter from Rome in 1884, found in our rule book, reminds us that even in Don Bosco’s days, he struggled to get his Salesians to
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.

understand this family spirit. He lamented the absence and distance of the Salesians with the boys and the cold attitude that some exuded. Don Bosco’s guide (a past pupil) showed him the coldness, lack of gratitude, boredom and lack spiritual devotion of the boys. Don Bosco asked: “but how can we bring these youngsters to life again, so that we can get back to the liveliness, the happiness, the warmth of the old days?” Don Bosco’s guide responded: “with charity!” The guide insisted that those who took Don Bosco’s place should not only love the youngsters but they themselves (the young) should know they are loved. The Salesians should love the things the young love and become involved in their games and lives. The guide told Don Bosco that this family spirit would be accomplished “By a friendly informal relationship with the boys, especially in recreation. You cannot have affection without this familiarity, and where affection is not evident there can be no confidence. If you want to be loved, you must make it clear that you love. Jesus Christ made himself little with the little ones and bore our weaknesses. He is our master in the matter of the friendly approach….One who knows he is loved loves in return, and one who loves can obtain anything, especially from the young.” (Don Bosco’s letter from Rome, 1884).

As we begin this new scholastic/pastoral year, this focus will be very important in our ministry and work with the young. It will also be very important in our communities and in our relationships with one another. Most of us were drawn into the Salesian life not only because someone invited us but also because we felt loved and that we belonged. Don Cagliero’s cry, “I will stay with Don Bosco,” was a response to the love he felt from Don Bosco and his sense of belonging. Our decision to focus on this second priority and strategy is an inspired one. Fr. Maria Arokiam, during his visitation, felt that the conferees and members of the Salesian Family in general, felt a sense of belonging to their community and to the province. But, more can be done. Let us also seek out those who might feel disconnected and as though they do not belong and make the first move to include them and make them feel welcomed in our circle of friends. Sometimes, we might feel more at home in our cultural circle, due to customs, language or likes. But, in a world where we see division, racism, grouping by class, by our culture or “our people,” we must be brave and bold and witness the Gospel of unity, inclusiveness and welcome. This is our collective witness as religious and as Salesians.

Today, Tuesday, I leave for San Francisco where I will stay at the provincial house and visit some of the Northern communities before heading back down to Los Angeles for our Pastors/Directors meeting on Monday, August 26, at St. Joseph’s in Rosemead. Our delegates and coordinators have also been invited to attend. Please keep us in your prayers. May we exemplify true Salesian Leadership, in the style of Don Bosco, with his warmth, openness and welcoming style.

Please keep Fr. Thomas Thodukulam in your prayers. Fr. Thomas left to India a few days ago due to his Mother’s failing health. He was told that she was dying and might not have much time left to live. It is not easy to lose a loved one but, especially, a parent. Please also keep Fr. Thomas’ Mom and the entire family in your prayers.

With warm regards and gratitude,

Fr. Jel
On Thursday August 15th, the Feast of the Assumption, our Provincial Fr. Ted and his council met with the delegates and coordinators of the province. The purpose of this meeting, and future meetings to come, is to explore and implement better ways to serve our province at all levels. This idea was presented at this year’s Provincial Chapter and came out as a mandate for the province to have such meetings, to help animate the province and move it forward.

This first meeting included:

Fr. Ted Montemayor – Provincial

*Br. Al Vu – Delegate for Youth Ministry, Coordinator of Education

*Fr. Mel Trinidad – Provincial Councillor

*Fr. Tho Bui – Province Economer

*Fr. Thomas Prendiville – Provincial Secretary

Fr. Joe Farias – Delegate for Salesian Family

Mr. Andres Neria – Delegate for Social Communication

By Andres Neria
Delegate for Social Communication

Mr. JC Montenegro – Delegate for Mission Animation

Fr. John Roche – Coordinator for Vocation

* - Provincial Councillor

Br. Ernie Martinez, Delegate for the Elderly and Sick and Fr. John Itzaina, Delegate for Formation were not able to attend this meeting but will be part of future meetings.

The conversation began by looking at the Province Organic Plan (POP) and many other ideas that came out of the Provincial Chapter. Looking at the priorities of the (POP) we decided to focus on the following: Priority 2, Strategy 1, Line of action 1…

Priority 2: to seek out, call forth and accompany new vocations to the Salesian religious life.

Strategy 1; by rediscovering the joy of accompanying young people and finding out God’s plan for them.

Line of action 1: (to) foster among the confreres a strong sense of belonging in order to witness to the value of living and working together

This is an on-going conversation that will include many others as well in the future. These are exciting times in our province, with new ideas, projects, and dialogue!

Our next meeting will be on September 24th in Watsonville, CA.
Update on Fr. John Itzaina

By Jim Aldridge
St. Francis H.S Alumni

Mike and Marie Marheineke have been spending time with Fr. John Itzaina regularly since his bypass surgery. Mike relates that he visited Friday, saying that John looks good. The Occupational Therapy task assigned was for John to dress himself. So, for the first time in nearly two weeks he was seen in something other than hospital gown or scrubs. Progress... progress.

The doctors are still trying to figure out the right balance of medications so John can get up without getting light-headed and still keep his heart rate under control.

Just before dinner some surprise visitors showed up -- Fr. Joe Nguyen, Fr. John Puntino, Fr. Jose and the two new novices, Kevin and John, who stopped my on their way to Richmond. After dinner John took everyone on a tour of the rehab facility, showing the patio, the gym, the dining room and the laundry.

When everyone had left, John was in good spirits, but seemed a little tired.

Yesterday Mike gave him a little trim, visited while he ate and watched a little of the Dodgers game. Then Mike and Marie left for the evening.

John’s planned release is still August 23rd.

John thanks you all for your continued prayers and will remember you in his prayers.
As Delegate of Social Communication I attended the first Province Youth Ministry Team meeting for the 2019-2020 pastoral year on Saturday August 17th in the Learning Commons at St. John Bosco High School, Bellflower. The meeting began with a short prayer and introduction of new and old members of the team, followed by reviewing the Province Organic Plan. The morning continued with members breaking out to their tasks groups; Evangelization and Catechesis, Education and Culture, Vocation and Service Animation, and Groups and Movement. Throughout the year these groups will be dedicating their time to animate each of these dimensions to help move the province forward and better serve our young people.

In attendance were also four of our Coordinators of Youth Ministry (CYM’s) from our province, Shannon McLeod (St. Francis HS), Rudy Herrera (Don Bosco Tech), Adrian Fulay (Salesian HS, Richmond), and Adan Jaramillo (St. John Bosco HS), which shared with the team some of their needs and concerns from their sites. The team listened and reflected on how the team can better resource them to serve our young people in our parishes, schools, and centers.

Fr. Ted was also in attendance in the afternoon and provided some input on how the team can continue to animate the province. Fr. Ted mentioned the importance of having a sense of belonging amongst our young people and challenged the team to explore different ways the team can continue to move the province forward.

The team is very excited to take on this challenge and the many projects planned for the 2019-2020 pastoral year. Keep us in your prayers as we will keep you in ours.

Viva Don Bosco!

By Andres Neria
Delegate for Social Communication
Congratulations Br. Kris Tran and Br. Leo Imbert on your First Professions!

Both Kris and Leo’s parents stood by their side as they made their first vows to religious life.
The Salesians of Don Bosco USA West welcome their new brothers Kris and Leo.

A reception was held at St. John Bosco HS and of course there was cake!
Fr. John, Fr. Ted, and Fr. Joe welcome our new novices Kevin White (left) and John Castonguay (right)

Novice Master Fr. Joe embraces John

Fr. Joe handing Kevin a bible for his studies
Carbohydrates

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

Source: Cleveland Clinic

For the past 2 months, we have spent time understanding sugar and how much we should take in our daily diet. It would be logically to follow the sugar discussion with a deeper appreciation of its relationship to carbohydrates. Nowadays, many health conscious folks would go light on carbohydrates. Let us explore together what are carbohydrates.

What are carbohydrates? What are good and bad carbs? How many carbs do I need in a day? Why are whole grains and fiber important? Does eating carbs cause weight gain? Answers to these and other questions about carbohydrates are answered in this article.

Carbohydrates are naturally occurring sugars, starches and fiber in food. All carbohydrates are made up of sugar molecules. Sugar molecules linked together form starches and fiber.

In the body, starches and sugars are broken down in the digestive system to glucose. Glucose is the fuel that provides energy and powers all of the body’s functions. Glucose is also called blood sugar.

Dietary fiber is a form of carbohydrate that is not broken down during digestion. It passes through the stomach, small intestine, colon and then out of the body.

Scientists and dietitians used to group carbohydrates into two types: complex carbohydrates and simple carbohydrates. Complex carbohydrates include starches and fiber. Simple carbohydrates include sugar that occurs naturally in fruits, vegetables and milk as well as brown sugar, white sugar, honey and any sugar added to foods during processing. Today, scientists and dietitians classify carbohydrates based on their fiber content and ingredients.

What are good carbs and bad carbs?

These are terms that different diet promoters have made popular. Usually, good carbs means foods that contain high fiber amounts. Good carbs take longer to be broken down by the body and used for energy. They are found in whole grain breads and cereals, products made from whole wheat flour, vegetables and fruits.

Bad carbs refers to foods that contain refined carbohydrates with a low fiber amount, mainly white flour and sugar. These are found in foods like white bread, cakes, cookies and other bakery items made with white flour; white (processed) rice and some cereals.

Dividing carbohydrates into good carbs and bad carbs is an easy way to think about good nutrition, but these are not exact, scientific terms. When thinking about eating a healthy diet, eat whole grain, high fiber foods rather than enriched, low fiber foods.

Your homework assignment from the Care Ministry this week:

Identify the good carbs and bad carbs in your diet.

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