Dear Salesian Sisters and Brothers,

I hope your Labor Day weekend activities were fruitful, enjoyable and relaxing. Our communities gathered for a barbecue meal and time together, in the Northern and Southern areas of California. Those in Northern California gathered at Don Bosco Hall, Berkeley and those in the South gathered at St. John Bosco, Bellflower. Since I was already in the Southland, I joined the southern communities for their barbecue in Bellflower. The Salesian Sisters from Southern California were also invited. Thank you to the communities that hosted and prepared all the ingredients for a good barbecue social.

In the Southland, we also welcomed Fr. Ivo Coelho, delegate for Formation for the Congregation. Fr. Ivo was on his way to Costa Rica for the gathering of all the Formation Delegates of our Inter-American region. He made a special visit to Los Angeles to learn more about our prenovitiate program at De Sales Hall and dialogue with the prenovices and the formation team. We enjoyed his short visit. He had some good insights for formation to share with us. Thank you for your visit!

All provincial delegates for formation of our Inter-American region will also attend the same meeting organized by Fr. Ivo Coelho and his team in Costa Rica. Because Fr. John Itzaina is still recovering from his open heart surgery, I have asked Fr. Joe Nguyen, director of novices, to take his place. The Regional meetings will take place from September 8 – 13. Let us accompany Joe Nguyen with our prayers for a safe and worthwhile trip. And, thanks to Fr. Joe for saying, yes. And, let us continue to pray for Fr. John Itzaina’s full recovery.

During these months of September and October, at least in our Salesian Inter-American Region, the Congregation gathers the delegates of formation, the delegates for youth ministry, the provincial treasurers, the delegates for social communication, the delegate for the Salesian Family, the delegates for the Missions and the provincials for their annual meetings. These meetings usually take place separately and in different countries. This year the following meetings have been scheduled:

- **Provincial Economers**: Toronto, Canada
  - September 2-6: Fr. Tho Bui, SDB

- **Delegates for Formation**: Costa Rica, September 8-13: Fr. Joe Nguyen, SDB

- **Delegates for Salesian Family**: Rome, Italy
  - September 15-23: Fr. Joe Farias, SDB

- **Meeting for Option for the Poor**: Santo Domingo, Dominican Republic
  - September 6-16: Juan Carlos Montenegro

- **Delegates for Social Communication**: Asunción, Paraguay
  - September 18-22: Andres Neria

- **Delegates for Youth Ministry**: São Paulo, Brazil
  - October 16-22: TBD

- **Delegates for Mission Animation**: São Paulo, Brazil
  - October 16-22: Juan Carlos Montenegro

- **Provincials**: Ecuador, Quito
  - October 20-27: Fr. Ted Montemayor, SDB

As you can see, the Congregation keeps connected with the provinces and departments of each province by the regional meetings organized each year. It is a way to animate the Congregation. Please keep us all in prayer as we travel and may our gatherings, (wherever they may
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.
SEPTMBER EVENTS

1-7th Visit of Fr. Ivo Coelho on Formation
2nd Labor Day
2nd-6th Provincial Economers Meeting – Toronto, Canada
6th-16th Meeting for Option for the Poor – Santo Domingo, Dominican Republic
8th-13th Delegates for Formation Meeting – Costa Rica
12th Members Meeting – Don Bosco Tech, Rosemead
14th Board Members Retreat – Don Bosco Tech, Rosemead
15th-23rd Delegate for Salesian Family Meeting - Rome, Italy
19th Members Meeting – Salesian College Preparatory, Richmond
18th-22nd Delegates for Social Communication Meeting - Asuncion, Paraguay
22nd-24th Provincial Council Meeting – Watsonville
26th Members Meeting – St. John Bosco High School, Bellflower
The Southern communities gathered at St. John Bosco High School

The Northern communities gathered at Don Bosco Hall

Labor Day BBQ’s North and South

Fr. Ivo Coelho, SDB - Delegate for Formation
After 15 years as being the Director of VIDES+USA, Sr. MaryGloria Mar is passing on the reigns to Sr. Sydney Moss. Sr. Sydney recently made her perpetual vows and originally met the Sisters when she was a VIDES missionary! She spent almost two years working in El Salvador with the Sisters while discerning her vocation. She is excited to now accompany the young adults who will be participating as VIDES volunteers. Sr. Gloria will still be working in the VIDES office and passing on her wealth of wisdom to Sr. Sydney!

By VIDES+USA
Volunteers In Development, Education, & Solidarity

Sr. Gloria with Fr. Charles Banks, OMI, Beverly (VIDES Volunteer), and Sr Sydney
Anniversaries of Professions & Ordinations
2019

With Gratitude to God, the Salesians of Don Bosco of the St. Andrew's Province joyfully announce the Profession and Ordination Anniversary Celebration of our Brothers.

Profession
Fr. Edward Liptak (70) Fr. Paul Chuong Nguyen (40)
Fr. Joseph Farias (65) Fr. Jose' Lucero (25)
Fr. Jack Gibson (60) Fr. Joseph Thinh Nguyen (25)
Fr. David Purdy (60)

Ordination
Fr. Edward Liptak (60) Fr. Michael Gergen (40)
Fr. Aloysius Deatun (60) Fr. Jesse Montes (40)
Fr. Joseph Boenzi (40) Fr. Rafael Saiz (25)
Fr. Robert Delis (40)

The honor of your presence is requested at the Eucharistic celebration on Sunday, October 6, 2019 at 3:00 p.m.
St. Dominic Savio Church
13400 Bellflower Boulevard • Bellflower, CA 90706
Does eating carbohydrates cause weight gain or make it difficult to lose weight?
That depends. Eating too many calories from any type of food will cause weight gain. But foods with low fiber content often contain a lot of calories without any nutrients. They are metabolized very quickly into glucose. The sudden spike in the blood glucose level triggers the pancreas to produce more insulin, a hormone that promotes fat storage. This means it is easy to gain weight by eating too many of these types of foods.

Foods with high fiber content are metabolized more slowly without causing a big insulin rush. The body can use them as energy over several hours. In general, foods with high fiber content are higher in vitamins and minerals so they are healthier foods to eat.

Is it possible to eat a healthy diet without eating any carbohydrates?
Weight loss is the most common reason why people decide to go on low carb diets. Experts in diet and nutrition agree that a low carb diet can be a good way to jump start weight loss, but it is hard to follow for a long time. Another caution is that many low carb diets include large amounts of unhealthy oils. Low carb diets that are high in animal fat may actually increase the risk of heart disease. And the long term effects of very low carb or no-carb diets are not known. A diet that includes a moderate amount of healthy carbohydrates like whole grain products, fruits and vegetables is the best diet for long-term weight management and health. It is also the easiest kind of diet to follow.

What does a food’s nutrition label tell me about carbohydrates?
Nutrition labels are a good source of information about the kinds of carbs and how much fiber a food contains.

Summary of characteristics of good and bad carbohydrates

Good carbohydrates (High fiber content)
• Slowly digested (body can use food as energy over several hours). Slowly digested foods result in a gradual increase in blood sugar.
• Unprocessed foods. Natural ingredients are not removed during the making of the food. Examples include whole grain breads, beans and cereals and products made from whole wheat flour, along with vegetables and fruits.
• Helps reduce the risk of heart disease and diabetes; helps prevent obesity; and keeps the digestive system healthy

Bad carbohydrates (Low fiber content)
• Rapidly digested. Rapidly digested foods cause a spike in the level of blood sugar (The spike triggers the pancreas to make more insulin, which is a hormone that makes the body store more fat.)
• Processed foods. Natural ingredients have been removed or changed during the making (the ‘processing’) of the food. For example, to make white bread, the bran and germ from wheat grain needs to be removed to make the white flour used to make white bread. Other processed foods include cakes, cookies and other bakery items made with white flour; white (processed) rice and some cereals.
• Increases the risk of heart disease, diabetes, and obesity.

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

SYLC SPIRIT TEAM APPLICATIONS WILL BE AVAILABLE **SEPT. 6TH!!**

THEY WILL BE FOUND:
- DONBOSCOWEST.ORG
- CLICK YOUTH MINISTRY TAB
- CLICK SYLC SPIRIT TEAM
WHO ARE YOU SEARCHING FOR?
COME SEARCH WITHIN YOUR HEART!
ENCOUNTER JESUS
YOUNG ADULTS 18+
September 6-8
ST JOSEPH'S YOUTH RENEWAL CENTER
YOUNG ADULT RETREAT
@LASGVSEARCH
WWW.LASGVSEARCH.COM
With gratitude to God
the Society of Jesus
and the Salesians of Don Bosco
announce the

Ordination to the Diaconate of

Justin Claravall, S.J.
San Mai, S.J.
Vien Minh Nguyen, S.D.B
Joshua Peters, S.J.
Perry Petrich, S.J.
Victor Ramos Talavera, S.J.

to be conferred by
Most Reverend Michael C. Barber, S.J.
Bishop of Oakland
Saturday, the nineteenth of October
two thousand nineteen
at nine o’clock in the morning
St Mary’s College Chapel
1928 St. Mary’s Road
Moraga, CA 94575

BELIEVE WHAT YOU READ

TEACH WHAT YOU BELIEVE

PRACTICE WHAT YOU TEACH
JOIN THIS JOB TRAINING PROGRAM TO LEARN JOB SKILLS FOR THE FUTURE!

COMPANYMENT IS 3 MONTHS FOR A COMPLETION CERTIFICATE
FOR MORE INFORMATION EMAIL YOUTHCENTER@SAINTDOMINICSAVIO.ORG

SAVIO YOUTH@WORK

JOIN US!
EVERY TUESDAY STARTING SEPT 10
7-8:30PM

• HOW TO MAKE RESUME
• MOCK INTERVIEWS
• NETWORKING OPPORTUNITIES
ST. DOMINIC SAVIO YOUTH MINISTRY PRESENTS

COLLEGE TUESDAYS

HELP WITH APPLYING TO COLLEGE AND UNIVERSITIES, RESEARCHING MAJOR OPTIONS, AND FAFSA APPLICATION ASSISTANCE

EVERY TUESDAY FROM 7-9PM
ST. DOMINIC SAVIO CHURCH YOUTH CENTER
13400 BELLFLOWER BLVD. BELLFLOWER CA 90706
“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